PLANT FACT SHEET

Heracleum sphondylium subsp. montanum (Schleich. ex Gaudin.) Briq.

GENUS *Heracleum* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Salt, Stem

The roots and leaves are boiled and eaten.
The young flowers are eaten.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/24e4073c-5d9a-4926-b200-4688993bdb7d