PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Sium suave Walt.

GENUS *Sium* **FAMILY** Apiaceae

COMMON NAMES Water parsnip

EDIBLE PARTS AND USES

Edible parts: Roots, Stems, Leaves

Caution. The flower-tops may be poisonous. It could also be confused with other plants that are poisonous.
The long fleshy roots are eaten raw or cooked.
The leaves are eaten as a relish.

DESCRIPTION

A herb that keeps growing from year to year. It grows 50-120 cm high. The stems are stout and ribbed. A cluster of long, fleshy roots arise from the base of the stem. The leaves are alternate and compound. They have 7-13 leaflets that have fine teeth along the edge. These are 4-10 cm long. The flowers are small and white. They are in umbrella shaped heads.

HABITAT

It is a temperate plant. It grows in swampy places and near the edges of ponds.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Sium laeve)

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 227 (As Sium suave)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 22 (As Sium cicutaefolium)

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 808

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 77

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 292

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 533

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

Turner, N., 1995, Food Plants of Coastal First Peoples. Royal BC Museum Handbook p 60

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 90

Uphof, (As Sium cicutaefolium)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2b8723d6-00fc-460a-af6d-c604cec22320