PLANT FACT SHEET

Heracleum spondophyllum subsp. elegans (Crantz) Schubl. & G. Martens

GENUS *Heracleum* **FAMILY** Apiaceae

COMMON NAMES Cow parsnip

EDIBLE PARTS AND USES

Edible parts: Root

The root is black, sweet scented and used like angelica.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

NOTES

There are about 60-70 Heracleum species. They grow in North temperate and tropical mountain regions.

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 341 (As Heracleum cordatum)

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2c9dfa41-9cc3-402a-800c-5c9d1eaaa0fe