PLANT FACT SHEET

Pleurospermum angelicoides (DC.) C. B. Clarke

GENUS *Pleurospermum* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Roots

The tender leaves and shoots are cooked as a vegetable.
The small fruitlets are used as a substitute for cumin seeds.
The roots have an aroma and are used to flavour foods.

DESCRIPTION

An annual herb. It grows to about 1 m high. The leaves have stalks. They are once or twice divided into leaflets. The small leaflets are 7-15 cm long. They are narrow. The flowers are white. The fruit is oblong and narrow.

HABITAT

It is a temperate plant. In Nepal it grows between 2500-4000 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed.

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