PLANT FACT SHEET

# *Lomatium nudicaule* (Pursh.) Coult. & Rose

**GENUS** *Lomatium* **FAMILY** Apiaceae

**COMMON NAMES** Pestle parsnip, Cow parsley, Smyrnium

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Root, Stem, Fruit - tea

The young leaves are boiled in soup like celery. They are also eaten as a vegetable.
The roots can be cooked and eaten.
The leaves can be frozen, canned or dried for future use.
The young green fruit are used for tea and for flavouring soup.

## DESCRIPTION

A herb that keeps growing from year to year from a stout tap-root. It grows 20-60 cm tall. The leaves are compound with several narrowly sword shaped leaflets.

## HABITAT

It is a cool temperate plant. It grows on dry open slopes. It suits hardiness zone 5.

## PICTURES



Credit: Food Plants International (Bruce French)

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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/34db0adf-9c92-44b5-814e-18caeec8b579