PLANT FACT SHEET

Mutellina adonidifolia (J.Gray) Gutermann

GENUS *Mutellina* **FAMILY** Apiaceae

COMMON NAMES Mountain lovage

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The root is used for flavouring.
The leaves are used as a parsley substitute and for tea.

DESCRIPTION

A herb. It grows 50 cm tall.

HABITAT

It is a temperate plant. It grows in alpine regions. It suits USDA hardiness zones 5-9.

REFERENCES

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318 (As Ligusticum mutellina)

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http://www.scs.leeds.ac.uk/pfaf/ (As Ligusticum mutellina)

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 206 (As Ligusticum mutellina)

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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/3a36b7b3-14a3-4ac1-9d5d-9d02d4a1a3d6