PLANT FACT SHEET

Angelica lucida L.

GENUS *Angelica* **FAMILY** Apiaceae

COMMON NAMES Seaside angelica

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Root, Vegetable

The new emerging shoots are peeled and eaten usually with oil.
The leaves are also cooked as a green vegetable.
The roots are occasionally used as a spice.

DESCRIPTION

A herb. It has a thickened root. The stem is thick, green and hollow and becomes somewhat woody with age. It can grow 1.3 m tall. The leaves have 3 leaflets. The leaf stalks are inflated near the base. The flowers are small with five white or greenish petals. There are many flowers in an umbrella like arrangement.

HABITAT

It is a temperate plant. It grows along the coast and in moist places. It grows in moist tundra.

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