PLANT FACT SHEET

Meum athamanticum Jacq.

GENUS *Meum* **FAMILY** Apiaceae

COMMON NAMES Spignel-meu, Baldmoney, Bearwort, Spignel

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves, Spice

Both the roots and leaves have a spicy taste. They are crushed and rubbed onto pork or lamb before cooking. It is also used to flavour soups, stews and vegetable dishes.
The roots are cooked and eaten.

DESCRIPTION

A clump forming herb. It grows 45-60 cm high and spreads 30-45 cm wide. The leaves are finely divided and feathery. They are a rich green. The flowers are small and white to pink.

HABITAT

It grows in temperate places. It grows in grassland and rough rocky areas. It is often on limestone. It needs a sunny position and a well-drained soil. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

It can be grown from seed or by division.

NOTES

There is only one Meum species.

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