PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Heracleum maximum Bartram

GENUS *Heracleum* **FAMILY** Apiaceae

COMMON NAMES Common cow parsnip

EDIBLE PARTS AND USES

Edible parts: Flower stalks, leaves, Stems

The flowers and leaf stalks are peeled and eaten fresh.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows in moist locations and can be slightly shaded.

REFERENCES

Bahadori, M. B. et al, 2016, The Genus Heracleum : A Comprehensive Review on Its Phytochemistry, Pharmacology, and Ethnobotanical Values as a Useful Herb. Comprehensive Reviews in Food Science and Food Safety. 15(6): p 1018-1039

Bowser, M., 2017, Handout on Edible Plants of the Kenai Peninsula. USFWS Kenai National Wildlife Refuge p 9

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 413

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers

Saanich Native Plants. saanishnativeplants.com

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 99

Turner, N. J. et al, 2011, Edible and Tended Wild Plants, Traditional Ecological Knowledge and Agroecology. Critical Reviews in Plant Sciences, 30:198-225

USDA Plants Database

Williams, D., 2017, Ainu Ethnobiology. Contributions in Ethnobiology. Society of Ethnobiology. p 106 (As Heracleum dulce)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/442a223c-4111-4fba-b0e3-e3dd2a64c665