PLANT FACT SHEET

Conopodium majus (Gouan) Loret & Barrandon

GENUS *Conopodium* **FAMILY** Apiaceae

COMMON NAMES Pignut

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The tubers are sliced and lightly fried and added to salads. They can also be boiled or roasted.

DESCRIPTION

A herb. It keeps growing from year to year. The stem is smooth and slender curving. It grows 1 m tall. The leaves are much divided. The flowers are small and white. They are in flat topped groups at the top of the stem. It has a rounded 'nut' or tuberous root under the ground. It can be 2.5 cm across.

HABITAT

It is a temperate plant. It grows in fields and woodlands. It grows in hardiness zone 6.

REFERENCES

Fl. Montpellier ed. 2, 214. 1892

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Bioculutral Approach. M. Sc. thesis Norwegian University. p 127

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 214 (As Conopodium denudatum)

Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, Flowering Plant Families of the World. Royal Botanical Gardens, Kew. p 37

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 111

Jackes, D. A., Edible Forest Gardens

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1770 (As Conopodium denudatum)

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 27

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 70

Michael, P., 2007, Edible Wild Plants and Herbs. Grub Street. London. p 169

Pardo-de-Santayana, M., et al, 2007, Traditional knowledge of wild edible plants used in the northwest of the Iberian Peninsula (Spain and Portugal): a comparative study. Journal of Ethnobiology and Ethnomedicine 2007, 3:27

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p158

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/4865dda4-c314-4a38-a329-91a4096099f3