PLANT FACT SHEET

Zizia aptera (A. Gray) Fernald

GENUS *Zizia* **FAMILY** Apiaceae

COMMON NAMES Golden alexanders

EDIBLE PARTS AND USES

Edible parts: Flowers

The flowers with the stems removed are added to salads.
The are also cooked and eaten.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 80 cm tall.

HABITAT

It is a temperate plant. It suits hardiness zone 4.

REFERENCES

Jackes, D. A., 2007, Edible Forest Gardens
Plants For A Future.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/51113579-3538-4135-8638-50ff2a0accac