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.

Lomatium dissectum (Nutt.) Matthias & Constance

GENUS *Lomatium* **FAMILY** Apiaceae

COMMON NAMES Fernleaf biscuitroot, Chocolate tips

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds

The roots are dried and then cooked. They are baked in a pit for up to 2 days.
The very young shoots are eaten raw as a relish.

DESCRIPTION

A robust herb that keeps growing from year to year. It can be 1 m tall. It has a large woody tap-root. The leaves are large, especially the ones near the base. They are finely divided into small segments.

HABITAT

It is a temperate plant. It grows on dry rocky slopes. It suits hardiness zones 7-9.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/54ee9b53-8ffe-4001-b51b-0c4f9cf4dcd1