PLANT FACT SHEET

Cryptotaenia canadensis (L.) A.DC.

GENUS *Cryptotaenia* **FAMILY** Apiaceae

COMMON NAMES Japanese cryptotaenia, Japanese parsley

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Root, Stem, Seeds, Spice

The roots are boiled in salty water and served with oil.
The leaves and stems are used to garnish salads and soups and cooked as a vegetable.
The leaves are boiled then eaten with oil and salt.
The seeds are used for seasoning. They are used to flavour cakes and bread.
The stems are candied in sugar.

DESCRIPTION

A perennial normally grown as an annual. It has a strong taproot. It grows 90 cm high and spreads 50-70 cm wide. The leaves have leaflets along the stalk. The leaves are 10 cm long and the leaflets are sword shaped and have teeth. The flowers are white and in loose heads.

HABITAT

It is a temperate plant. It suits cooled places. It withstands frosts well. It can grow in shade. It can be grown in the lowlands in Indonesia. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from seed or by root division.

NOTES

There are 6 Cryptotaenia species. Chemical composition: Protein = 2.3%. Fat = 0.23%. Carbohydrate = 4.4%. Ash = 2.1%. Contains a small amount of fragrant oil.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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