PLANT FACT SHEET

Anthriscus sylvestris (L.) Hoffm.

GENUS *Anthriscus* **FAMILY** Apiaceae

COMMON NAMES Cow Parsley, Woodland chervil

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Stem, Flowers

CAUTION: It is reported to cause abortions.
The young leaves are eaten as a pot herb. It is also dried and stored for later use. Small quantities are used for seasoning. The stalks are also peeled and used. They are also pickled. The shoots are used as a spice in cheese. The roots are eaten.

DESCRIPTION

A small plant. It grows 60-150 cm high. It spreads 40-60 cm wide. It forms clumps. The leaves are fine and feather like. They are divided 3 times. The leaves are 15-30 cm long. They are deep green. The flowers are white.

Caution: Don't mistake this plant for the poisonous hemlock Conium maculatum.

HABITAT

It is a temperate plant. In China it grows from sea level to 4,500 m above sea level. It suits hardiness zones 4-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from fresh seeds.

NOTES

There are about 12 Anthriscus species. It has anticancer properties.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 44

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 123

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:43

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 5

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568.

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 22 www.hindawi.com/journals/ijfr/aip/872413.pdf

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dogan, A., et al, 2014, A review of edible plants on the Turkish Apiaceae species. J. Fac. Pharm. Istanbul, 44(2) pp 251-262

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 15 (As Anthriscus nemorosa)

Gen. pl. umbell. 40. 1814

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 170 (As Carum sylvestre)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 30

http://nordicfood lab/org/blog/2102/9/wild-edible-plants-an-overview

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

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Kalle, R. & Soukand, R., 2012, Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s) Acta Societatis Botanicorum Poloniae 81(4):271-281

Kermath, B. M., et al, 2018, 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. p 97

Kintzios, S. E., 2006, Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research Critical Reviews in Plant Sciences. 25: pp 79-113

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 8

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 22

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

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 124

Nedelcheva A., 2013, An ethnobotanical study of wild edible plants in Bulgaria. EurAsian Journal of BioSciences 7, 77-94

Ong, H. G., et al, 2015, Ethnobotany of the wild edible plants gathered in Ulleung Island, South Korea. Genet Resourc Crop Evol. Springer

Pieroni, A. & Soukand, R., 2019, Ethnic and religious affiliations affect traditional wild plant foraging in Central Azerbaijan. Genet Resour Crop Evol 66:1495–1513

Pieroni, A., et al, 2022, Chorta (Wild Greens) in Central Crete: The Bio-Cultural Heritage of a Hidden and Resilient Ingredient of the Mediterranean Diet. Biology 2022, 11, 673.

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

Pohjanmies, T., et al, 2021, Abundance and diversity of edible wild plants in managed boreal forests. Forest Ecology and Management 491 (2021) 119151

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 45

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Upson, R., & Lewis R., 2014, Updated Vascular Plant Checklist and Atlas for the Falkland Islands. Falklands Conservation and Kew.

Woo, Y., et al, 2017, Antioxidant Potential of Selected Korean Edible Plant Extracts. Hindawi BioMed Research International Volume 2017, Article ID 7695606

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/55b39cf6-5128-447a-b460-185578b56a8e