PLANT FACT SHEET

# *Sium latijugum* C. B. Clarke

**GENUS** *Sium* **FAMILY** Apiaceae

**COMMON NAMES** Large leaflet water parsnip

## EDIBLE PARTS AND USES

**Edible parts:** Roots

The roots are eaten raw as a vegetable.

## DESCRIPTION

A herb. It grows 1 m tall. The lower leaves have stalks. The leaflets are oval and 2-4 cm long. They have teeth along the edge. The flowers shoots have 3-8 narrow bracts. The flowering shoots have 10-15 flowers that are white.

## HABITAT

It is a temperate plant. It grows near ponds and water.

## REFERENCES

Singh, K., et al, 2021, Wild Edible Plants of Paddar Valley, Jammu division, Jammu and Kashmir, India. Ethnobotany Research & Applications 22:29

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/561684ba-d1bf-4eab-b84b-5aa269f760e5