PLANT FACT SHEET

Osmorhiza occidentalis (Nutt. ex Torr. & A. Gray) Torr.

GENUS *Osmorhiza* **FAMILY** Apiaceae

COMMON NAMES Western sweet-cicely, Western sweetroot

EDIBLE PARTS AND USES

Edible parts: Roots - flavouring, Seeds

The roots are dried, ground into a powder and used as flavouring for cakes and other foods.
The dried seeds are used as a seasoning.

DESCRIPTION

A herb. It keeps growing from year to year. It can grow to 1.2 m tall. It loses its leaves during the year. The leaves are alternate and twice divided.

HABITAT

It is a temperate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5c068aa2-5e78-4feb-9f07-d70740ce45ea