PLANT FACT SHEET

Heracleum pinnatum C. B. Clarke

GENUS *Heracleum* **FAMILY** Apiaceae

COMMON NAMES Pinnate-leaved higweed

EDIBLE PARTS AND USES

Edible parts: Shoots, Fruit

The young shoots are filled with yoghurt and eaten.
The fruit are eaten raw as snacks.

DESCRIPTION

A herb. It grows 40 cm tall. There are groups of white flowers 5-7 cm across at the top of the stem.

HABITAT

It is a temperate plant.

REFERENCES

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Shah, A. A., et al, 2024, The importance of sharing: wild plant knowledge in three valleys of Northern Pakistan. Plant Biosystems - an international Journal Dealing with all aspects of Plant Biology 2024, Vol. 158, no. 6, 1390–1405

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6825e837-74db-4397-9874-fd6c88a2391c