PLANT FACT SHEET

# *Chaerophyllum reflexum* Aitch

**GENUS** *Chaerophyllum* **FAMILY** Apiaceae

**COMMON NAMES** Kashmir chervil, Reflexed chervil

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds & Roots - medicine

The leaves are cooked and used for flavouring.

## DESCRIPTION

A herb. The leaves are compound and divided 2-3 times. It has a small, flat topped cluster of white flowers. The can be 5 cm across.

## HABITAT

It is a temperate plant. It grows between 1,800-3,500 m above sea level. It suits USDA hardiness zones 4-8.

## PRODUCTION

### Cultivation

Plants can be grown from seed.

## REFERENCES

Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/6e83e16e-94ff-4fbe-973e-87bc3d7cfb32