PLANT FACT SHEET

Zizia aurea (L.) W. D. J. Koch

GENUS *Zizia* **FAMILY** Apiaceae

COMMON NAMES Golden alexander's

EDIBLE PARTS AND USES

Edible parts: bud

The young flower buds are eaten. They are used in salads as well as cooked and eaten as a vegetable.

DESCRIPTION

A showy plant. It can grow 1.3 m tall. It has many branches. The leaves are compound and divided into leaflets that are again divided and have teeth along the edge. The upper leaves are smaller and have 1-3 flower stems growing from their axils. The flowers are yellow. They are in a compound umbel. The individual flowers are very small.

HABITAT

It is a temperate plant. It grows in moist woods and meadows. It suits hardiness zone 4.

PICTURES



Credit: Food Plants International (Bruce French)

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