PLANT FACT SHEET

Heracleum trachyloma Fisch. & C. A. Mey.

GENUS *Heracleum* **FAMILY** Apiaceae

COMMON NAMES Downy cow parsnip

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems - spice

The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The young stems are eaten fresh after peeling. They are also pickled.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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