PLANT FACT SHEET

Osmorhiza berteroi DC.

GENUS *Osmorhiza* **FAMILY** Apiaceae

COMMON NAMES Mountain sweet cicely

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The roots are eaten steamed or boiled.
The young leaves are boiled and eaten.

DESCRIPTION

A herb that keeps growing from year to year from a tap-root. The stems are slender and can occur singly or as a cluster. They grow 1 m high. The leaves are compound. They have oval leaflets with notches and they can be 2-7 cm long. They usually have coarse teeth. The leaves at the base usually have long stems. The plants are bushy. The flowers are small and white. They are in clusters arranged like an umbrella. The fruit are black and like needles.

HABITAT

It is a temperate plant. It grows in partly shaded woodlands. It grows from sea level to reasonably high in the mountains in Canada. In Argentina it grows from sea level to 2,500 m above sea level. It suits hardiness zone 6.

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