PLANT FACT SHEET

Lomatium cous (Watson.) Coult. & Rose

GENUS *Lomatium* **FAMILY** Apiaceae

COMMON NAMES Cous biscuitroot

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The roots are eaten raw, boiled or steamed. They can be sun dried and stored for future use. They are pulverised and made into porridge.

DESCRIPTION

A low growing herb. It has a tap-root. It grows 25 cm tall. The flowers are yellow. There is a ring of broad oval bracts under the flower.

HABITAT

It is a cool temperate plant. It grows on dry rocky slopes. It suits hardiness zone 5.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/78628d6c-226f-41e5-a5fc-02ae313d71f7