PLANT FACT SHEET

Lomatium grayi Coult. & Rose

GENUS *Lomatium* **FAMILY** Apiaceae

COMMON NAMES Gray's Biscuitroot, Mountain Desert-parsley

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Sprouts

The young tender stems are eaten raw.
The roots are eaten as a famine food.

DESCRIPTION

A herb. The flowers are yellow.

HABITAT

It is a temperate plant. It grows in arid places.

REFERENCES

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Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 315

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7d4ff630-64ee-49df-96b2-9fd4f5a491d5