PLANT FACT SHEET

Ligusticum porteri Coult. & Rose

GENUS *Ligusticum* **FAMILY** Apiaceae

COMMON NAMES Porter's licorice root, Osha

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Root - medicine

The leaves and young stems are cooked and eaten.

DESCRIPTION

A herb. It grows 90 cm tall and spreads 60 cm wide. The flowers are white.

HABITAT

It is a temperate plant. It grows in mountain regions. It needs partial shade. It grows at 2,000-3,500 m above sea level.

REFERENCES

Ferns, Plants For A Future.

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 305

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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/7dc64c0f-ebcf-4ee8-b20a-9b23676d199e