PLANT FACT SHEET

Heracleum sphondylium subsp. sibiricum (L.) Simonk.

GENUS *Heracleum* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

Possibly now Heracleum sibiricum.

HABITAT

It is a temperate plant.

REFERENCES

Pruse, B., et al, 2021, Active Wild Food Practices among Culturally Diverse Groups in the 21st Century across Latgale, Latvia. Biology 2021, 10, 551.

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/7e9c989c-b440-43e5-bf89-70e946e6569c