PLANT FACT SHEET

Cnidium monnieri (L.) Cusson ex Juss.

GENUS *Cnidium* **FAMILY** Apiaceae

COMMON NAMES Snake's bed

EDIBLE PARTS AND USES

Edible parts: Fruit - flavouring, Shoots, leaves - flavouring

The shoots and leaves are eaten.
It is occasionally used as a flavouring or spice.

DESCRIPTION

A herb. It grows each year from seed. It grows 10-60 cm tall. It has a thin taproot. There is one stem. The lower leaf stalks are 3-8 cm long. The leaves are oval and 3-8 cm long by 2-5 cm wide. There are leaflets along the stalk. These can be divided. The flowers are in groups 2-3 cm across. The fruit are oval and 2-3 mm long by 1-2 mm wide.

HABITAT

It is a temperate plant. It grows on the edge of fields and in grassland.

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