PLANT FACT SHEET

Conioselinum vaginatum (Spreng.) Thell.

GENUS *Conioselinum* **FAMILY** Apiaceae

COMMON NAMES Pacific hemlock-parsley

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A stout herb. It grows 1.2 m high. The stems are hollow and branched. It has a rhizome or underground stem and cluster of fleshy roots. The leaves are oval or triangle shaped and 15-30 cm long. The leaf stalk is3-15 cm long. The leaves are divided 2 or 3 times. Te flowers are white and in umbrella like heads. The fruit are oblong and 6-8 mm long and 3 mm wide.

HABITAT

It grows on sandy or gravelly beaches. In western China it grows in grassland between 1,300-2,700 m above sea level.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 299 (As Conioselinum gmelinii)

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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/887efeb0-3161-46d4-8fa8-04ee840fe963