PLANT FACT SHEET

# *Helosciadium nodiflorum* (L.) W. D. J. Koch

**GENUS** *Helosciadium* **FAMILY** Apiaceae

**COMMON NAMES** Crescione, Creeping marshwort, Water parsnip

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds sprouts, Seeds - flavour, Stems

The leaves are used raw in salads.
They are also boiled and used in soups and stews.
The seeds can be sprouted and eaten in salads.
The seeds are also ground and used as a mustard.
The young stem are eaten boiled, fried or raw in salads.

## DESCRIPTION

A stout hairless herb which takes 2 years to complete its life-cycle. The stems are hollow and lie along the ground. They form roots at the lower nodes. The leaf stalks and flower stems are upright. The leaves are alternate and light green. The leaves have oval leaflets with blunt teeth. The flowers are white and in the nodes of leaves. The seeds are oval.

## HABITAT

It is a Mediterranean climate plant. It grows in wet meadows and near rivers. It is usually in chalk and limestone areas. It cannot grow in shade.

## NOTES

There are about 20 Apium species.

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