PLANT FACT SHEET

Heracleum spondylium subsp. orsinii (Guss.) H. Neumayer

GENUS *Heracleum* **FAMILY** Apiaceae

EDIBLE PARTS AND USES

Edible parts: Roots, shoots

The roots and young shoots are cooked as a vegetable.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It grows in mountain regions.

NOTES

The oil has medicinal properties.

REFERENCES

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232 (As Heracleum orsinii)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9640f213-d342-429c-ae69-82c47a5672ef