PLANT FACT SHEET

Aegopodium alpestre Ledebour

GENUS *Aegopodium* **FAMILY** Apiaceae

COMMON NAMES Goutweed, Hillside celery

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young shoots are cooked and eaten. They are cooked with flour, in soups and for pickles.

DESCRIPTION

It is a perennial plant about 45 cm high. It has creeping rhizomes or underground stems. These are thickened at the nodes. Roots and erect stems emerge from these. The stems are hollow. The leaves are 5-10 cm long on leaf stalks 30 cm long. The leaves have 3 leaflets. The flowers are white.

HABITAT

It is a cold temperate plant. It occurs naturally in low mountain regions in Japan. In north China it grows between 900-2,200 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the clumps.

NOTES

There are 5 Aegopodium species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ad567f5b-7128-472f-8eef-44b83d491007