PLANT FACT SHEET

Perideridia gairdneri (Hook. & Arn.) Mathias

GENUS *Perideridia* **FAMILY** Apiaceae

COMMON NAMES Gairdner's yampah

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds

The fleshy roots are eaten raw or boiled. They are also dried for later use. They can be used in soups.
The seeds are used for flavouring.

DESCRIPTION

A slender herb that does not have hairs. It keeps growing from year to year. It grows 40-100 cm tall. The root is spindle shaped. The leaves are compound and divided twice.

HABITAT

It is a temperate plant. In Canada it grows in moist open woods at low and middle elevations. It suits hardiness zone 5.

PRODUCTION

Cultivation

Plants are grown from seed.

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