PLANT FACT SHEET

Bolax gummifera (Lam.) Spreng.

GENUS *Bolax* **FAMILY** Apiaceae

COMMON NAMES Bolsam-bog

EDIBLE PARTS AND USES

Edible parts: Root

The roots are eaten raw and used for flavouring.

DESCRIPTION

A herb or small shrub. It keeps growing from year to year. It forms hard dense cushions. These can be 1.3 m tall.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 3,500 m above sea level.

REFERENCES

Leon-Lobos, P., et al, 2022, Patterns of Traditional and Modern Uses of Wild Edible Native Plants of Chile: Challenges and Future Perspectives. Plants (Basel) v 11 (6) Table S1

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PROVIDED BY **Food Plants International**

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/bbbfcf0a-5bd4-4d17-891c-4cd43ff9ecdc