PLANT FACT SHEET

Myrrhis odorata (L.) Scop.

GENUS *Myrrhis* **FAMILY** Apiaceae

COMMON NAMES Sweet Cicely, Anise root, Garden Myrrh, Sweet chervil

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds, Tea, Spice, Vegetable, Flowers

The leaves and stalks have an aniseed or licorice flavour. They can be eaten in salads, soups, and stews.
The hollow stems can be candied like angelica.
The unripe seeds are also edible. They are used to flavour brandy.
The roots can be boiled and eaten. They are often served with oil or vinegar.
The fresh leaves and unripe seed heads are used for flavouring. They are sweet.
The flowers are used to flavour apple, plum and rhubarb tarts.

DESCRIPTION

A perennial herb. It grows 60-150 cm high. The stems are thick, hollow and branching. The leaves are about 30 cm long. They are finely hairy, light green and divided into leaflets along the stalk. They are feather like. They have a soft texture and silky down covering. The flowers are in umbels 1-5 cm wide. They are white. The seeds are glossy brown when ripe. They are ridged and elongated.

HABITAT

It is a temperate plant. It grows in cool climates and mountainous regions. They grow best in shady places. It suits hardiness zones 5-10.

PRODUCTION

Cultivation

Plants are easily grown from seed. They can be grown by division.

NOTES

There is only one Myrrhis species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bffc4770-c4be-45b3-a786-c2da738deb14