PLANT FACT SHEET

Osmorhiza depauperata Phil.

GENUS *Osmorhiza* **FAMILY** Apiaceae

COMMON NAMES Bluntseed sweetroot, Antenna plant

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The roots and stems are boiled to make a drink. They are used to flavour foods.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 60 cm tall. The root is thick and has a smell. The stems are branching and leafy. The leaves have 3 leaflets and there are teeth along the edge. The flowers are small and white. They occur as a few flowers on equal length stalks. The fruit are club shaped with a pointed tip. They are 1-1.5 cm long.

HABITAT

It is a temperate plant. It grows in moist conifer forest bear the timberline in the Rocky Mountains. In Argentina it grows from sea level to 2,500 m above sea level.

REFERENCES

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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/c134fd5d-8983-4270-9d6f-46886b365e2d