PLANT FACT SHEET

Osmorhiza aristata (Thunb.) Mak. & Yabe

GENUS *Osmorhiza* **FAMILY** Apiaceae

COMMON NAMES Sweet Cicely, Japanese sweet cicely, Longstyle sweetroot

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The roots are peeled, washed and eaten raw.
The young leaf stalks are eaten boiled or put into soups.
The young plant is also cooked and eaten.

DESCRIPTION

A herb. It grows 25-70 cm tall. It has a taproot that has a smell. The stems are green and can have a purple tinge. The leaves are 29 cm long by 25 cm wide and divided into leaflets.

HABITAT

It is a temperate plant. It grows in forests, grasslands and along stream banks between 200-3,500 m above sea level.

REFERENCES

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Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 61 (Also as Osmorhiza japonica)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

READ

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/c89247f7-7bf9-4b3c-934a-d79e6047fcde