PLANT FACT SHEET

Cymopterus montanus (Nutt.) Torr. & A. Gray

GENUS *Cymopterus* **FAMILY** Apiaceae

COMMON NAMES Mountain spring parsley

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Stems, Leaves

The young stems and leaves are eaten raw or cooked.
The roots are peeled, baked and ground into a meal.

DESCRIPTION

A herb. The root is spindle shaped or like parsnip.

HABITAT

It is a temperate plant.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ce1cb5a2-b8eb-494f-a908-66df41021049