PLANT FACT SHEET

Ligusticum canbyi Coult. & Rose

GENUS *Ligusticum* **FAMILY** Apiaceae

COMMON NAMES Canby's lovage

EDIBLE PARTS AND USES

Edible parts: Root

It is chewed for its taste rather than eaten.

DESCRIPTION

A tall herb that keeps growing from year to year. It grows 120 cm tall. The rootstock is thick and fibrous. The leaves are compound and near the base. They are finely divided. The flowers are small and at the top of the stem. They are white and in a flat-topped group.

HABITAT

It is a cool temperate plant. It grows in moist and wet stream banks. It grows at moderate and high elevations in Canada. It grows in hardiness zone 3.

REFERENCES

Jackes, D. A., Edible Forest Gardens

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 296

Turner, N., 1997, Food Plants of Interior First Peoples. Royal BC Museum Handbook p 80

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d514a42d-02b7-47c3-b972-3bc1a5547d77