PLANT FACT SHEET

Oxypolis rigidior (L.) Raf.

GENUS *Oxypolis* **FAMILY** Apiaceae

COMMON NAMES Stiff cowbane

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers

The roots are baked and eaten.

DESCRIPTION

A herb. It grows 60 cm - 180 cm tall. The leaves are compound and have 7-11 leaflets. They vary in shape. The flowers are white.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 374

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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/de598638-91b8-458e-80b0-194ec35999ba