PLANT FACT SHEET

Zosima absinthifolia (Vent.) Link.

GENUS *Zosima* **FAMILY** Apiaceae

COMMON NAMES Golpar

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Stems

The seeds are used as a food flavouring and spice.
The young leaves are cooked and eaten. They are also used for pickles.
The young stems are eaten fresh after peeling.

DESCRIPTION

A herb. It has grooved, hairy stems. These are 1 m high. The leaves are divided 3 times.

HABITAT

In Iran it grows on steppes and limestone from 400-2,000 m altitude.

NOTES

There are 6 Zosima species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e5fcaf16-4bb4-4cff-991c-87e19e8dfa32