PLANT FACT SHEET

Sanicula europaea L.

GENUS *Sanicula* **FAMILY** Apiaceae

COMMON NAMES Wood Sanicle, European Wood Sanicle, Sanicle

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The shoots and leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It grows 560 cm tall. The leaves and stem form tufts from the rootstock. The leaves are lobed and dark green and shiny. The leaves have coarse teeth. The flowers are pink and in tight round bundles. The fruit are bristly.

HABITAT

It is a temperate plant. It grows in shady places.

NOTES

It is used in medicine.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 546

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http://www.botanic-gardens-ljubljana.com/en/plants

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

READ

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

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Swaziland's Flora Database http://www.sntc.org.sz/flora (As Sanicula elata)

UPHOF

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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/eb457aa8-ff2e-4828-b65a-a29e99181474