PLANT FACT SHEET

Smyrnium perfoliatum L.

GENUS *Smyrnium* **FAMILY** Apiaceae

COMMON NAMES Perfoliate Alexanders

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Stem

The blanched leafstalks are eaten raw in salads and used as a potherb.
The flower buds are eaten raw and added to salads.

DESCRIPTION

A small plant. It grows 90 cm high and spreads 45 cm wide. It takes 2 years to complete its life cycle. The stems are angled. They are hairy at the nodes only. The lower leaves have 2-3 oval leaflets. These leaves have teeth. The upper leaves are rounded and appear to surround the stem. They are heart shaped at the base. The flowers are in yellow umbels. They are rounded and have 5-12 rays. The fruit are 3-3.5 mm long and broader than long. They are brownish-black.

HABITAT

It is a temperate plant. It grows in grassy and rocky places. It suits hardiness zones 6-10.

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