

PERENNIAL



COAST
SALISH
PLANT
NURSERY

wildbirdtrust.org

Photo: *Lomatium nudicaule* by
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k'əx̣mín

ṣkẉwú7mesh sníchim

q'əəx̣mín

Heḥq̣əmiñəm

**Wild parsley /
Biscuitroot**

English

***Lomatium
nudicaule***

Latin

BLOOM & FRUITS

Clusters of yellow flowers bloom in April-May followed by large seeds in late summer to early fall.

USE BY PEOPLE & CULTURAL SIGNIFICANCE

Seeds can be used as a tea to treat sore throats and common colds. It is high in Vitamin C. Seeds have a strong taste and can be used as flavoring in cooking or blended into a smoke mix with Tobacco. New growth can be eaten cooked or raw.

WILDLIFE VALUE

Food source for larval and adult stages of some butterflies including Black and Anise Swallowtail Butterflies. It is also a nectar and pollen source for bees and other pollinating insects.

CARE INSTRUCTIONS

Open grassy slopes or plant in well-drained soil in a sunny area. Grows best when sown directly in the soil as transplanting may disturb the fragile taproot.

EXPOSURE



MAX HEIGHT

1.5 ft

MOISTURE

Dry

GROWING EASE

Medium

USE VALUE



ATTRACTS



CONTAINER
TOLERANCE

Low