

## ***Osmorhiza chilensis*, Sweet Cicely**

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### **General Botanical Characteristics**

*Osmorhiza chilensis*, is a perennial herb with an erect stem usually 25 cm -100cm high. It is branched on the top portion of the plant. Leaves branch out from a point into 3 parts and further divide into 3 leaflets. They are coarsely toothed with several long stalked basal leaves. Flowers are small and greenish white and organized in loose umbrels.



### **Seasonal Development**

Flowers are scented and are pollinated by insects.

### **Distribution/Habitat**

Native to the U.S., Sweet Cicely occurs mostly in the West and in the northern states stretching from the East to the West. It grows at low and middle elevations in open mixed or coniferous forests, forests edges, and thickets.

### **Interesting Facts**

- The roots are sweet and often licorice flavored.
- It can be used in teas, stews, or soups.

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## **References**

BC biodiversity carrot family, November 2002,  
<http://www.bcbiodiversity.homestead.com/carrot.html>

Backcountry ranger's edible Sierra Nevada plants, November 2002,  
[http://www.backcountryrangers.com/edibles/plants\\_soloframe.html?OSMORHIZA.html](http://www.backcountryrangers.com/edibles/plants_soloframe.html?OSMORHIZA.html)

USDA plants database, November 2002,  
[http://plants.usda.gov/cgi\\_bin/plant\\_profile.cgi?symbol=OSBE - synonyms](http://plants.usda.gov/cgi_bin/plant_profile.cgi?symbol=OSBE - synonyms)

Photo from Richard W. Wright, November 2002,  
<http://www.rockisland.com/~taichi/natural/graphics/sweetcicley.html>