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*Berula erecta*

[Synonyms : *Berula angustifolia*, *Berula erecta* var. *incisa*, *Berula incisa*, *Berula pusilla*, *Siella erecta*, *Sium angustifolium*, *Sium cicutarium*, *Sium erectum*, *Sium thunbergii*]

**LESSER WATER PARSNIP** is a semi-aquatic perennial. Native to Europe, central and western Asia and North America, it has small white flowers.

It is also known as *Bäckmärke* (Swedish), Cutleaf waterparsnip, *Dyfrforonen Gulddail* (Welsh), Narrow-leaved water parsnip, *Potočník vzpřímený* (Czech), *Schmalblättriger Merk* (German), Small water parsnip, Stalky berula, Water parsley, and Water parsnip.

Warning – the plant is potentially poisonous. It has been fatal for cattle in New South Wales in Australia.

*Erecta* means ‘upright or erect’.

Some of the Apache North American Indian tribe used to collect the leaves and blossom for food.

As a medicine lesser water-parsnip seems to have attracted relatively little attention. Records do show that some of the Apache tribe used it in this capacity, and that the Zuni may have found it useful for treating rashes, athlete’s foot and rheumatism.

Fishermen welcome it today as it acts as a coarse filter in running water, as well as offering shelter for trout.

Medicinally, local herbalists are said to have used a plant extract in the past in remedies for some skin disorders.