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*Cicuta virosa*

[Synonyms : *Cicuta mackenziana*]

**COWBANE** is a perennial. Native to Europe it has a parsley-like smell and tiny, pure white flowers.

It is also known as *Buladd* (Welsh), *Ciguë aquatique* (French), Deathin, European water hemlock, Mackenzie's water hemlock, *Rozpuk jedovatý* (Slovak), *Rozpuk jízlivý* (Czech), *Sprängört* (Swedish), *Wasserschierling* (German), and Water hemlock.

Warning – roots (especially), leaves and flowers are extremely poisonous (fresh or dried) for man and beast. Even in minute quantities it is so toxic that it is no longer used in homoeopathic treatments. It can cause nausea, salivation, dilated or constricted pupils, abdominal pain, vomiting, muscular spasms, delirium, violent convulsions and death (from asphyxia).

Cowbane can be confused with wild angelica (*Angelica sylvestris*). The roots have been confused with parsnips (*Pastinaca sativa*) and potatoes (*Solanum tuberosum*).

*Virosa* is Latin (stinking, fetid, poisonous).

It is considered by many to be one of the most, if not the most, poisonous of plants in the northern hemisphere.

The Inuktitut Inuits once ate the boiled leaves with freshly caught fish.