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*Peucedanum palustre*

[Synonyms : *Calestania palustris*, *Selenium palustre*, *Selenium sylvestre*, *Thysselinum palustre*]

**MILK PARSLEY** is a biennial. Native to Asia and Europe it has small greenish-white flowers.

It is also known as Hogfennel, *Kær-Svovlrod* (Danish), *Kärrsilja* (Swedish), Marsh hog's fennel, *Mossrot* (Swedish), *Olešníkovec bahenní* (Czech), and *Smldník bahenní* (Czech).

*Palustre* is derived from Latin *palus* (bog, marsh) meaning 'of or from bogs, swamps or marshes'.

Apart from some medicinal use in the past (mainly for epilepsy) the roots have been used in Russia especially as an alternative to ginger (*Zingiber officinale*).