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Zizia aurea

[Synonyms : *Sison aureus*, *Sison trifoliatum*, *Smyrniium acuminatum*, *Smyrniium aureum*, *Smyrniium luteum*, *Thaspium aureum*]

GOLDEN ALEXANDERS is a perennial. Native to eastern North America it has small bright yellow flowers.

It is also known as Early meadow parsnip, Golden meadow parsnip, Golden zizia, Meadow parsnip, Purple alexander, Roundheart, and Wild parsley.

Aurea means 'golden' with reference to the flowers.

This plant was a source of medicine for a few North American Indian tribes. Meskwaki Indians valued it as an ingredient in a snuff taken for headaches, and they also used the root to treat fever.