PLANT FACT SHEET

Arabis hirsuta (L.) Scop.

GENUS *Arabis* **FAMILY** Brassicaceae

COMMON NAMES Ying mao nan jie

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The leaves are eaten raw and also cooked.

DESCRIPTION

A cabbage family herb. It grows up to 80 cm tall. The stems are erect and branch higher up. The leaves at the base are in a ring. They can be spoon shaped or oblong. The leaves on the stem do not have leaf stalks. They are 2-5 cm long by 1-2 cm wide.

HABITAT

A temperate plant. It grows in meadows, grassy slopes, roadsides, mixed forests between 300–4000 m altitude in China.

NOTES

There are about 120 Arabis species. They are temperate plants.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/03bd035d-21b0-426e-80ef-a82bc5d219b6