PLANT FACT SHEET

Moricandia arvensis (L.) DC.

GENUS *Moricandia* **FAMILY** Brassicaceae

COMMON NAMES Purple mistress

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten cooked as a vegetable. They are used in stews.
It is also used as a spice of flavouring.

DESCRIPTION

A short herb. It grows for a few years. The stems are branched. The leaves are near the base. They are fleshy and like a cabbage. They are oval with blunt teeth. The upper leaves are smaller and heart shaped. They clasp the stem. The flowers are purple to violet. They are about 2 cm across and in loose arrangements. The fruit is a pod 3-8 cm long. It is slightly square in cross section.

HABITAT

It is a Mediterranean plant. It grows in rocky places and on old walls. It grows on limestone soils.

NOTES

There are about 6 Moricandia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/07557478-ed1d-418d-90a6-528624758dbe