PLANT FACT SHEET

# *Rorippa humifusa* (Guill. et Perr.) Hiern

**GENUS** *Rorippa* **FAMILY** Brassicaceae

**COMMON NAMES** African cress, Nigerian watercress

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are eaten as a salad vegetable.

## DESCRIPTION

A cabbage family herb. It is a low annual plant. It has short stems.

## HABITAT

A tropical plant. It grows in damp positions on stream-banks and sandbars in West Africa.

## NOTES

There are about 70 Rorippa species.

## REFERENCES


Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 98

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 188



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