PLANT FACT SHEET

Sisymbrium capense Thunb.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

COMMON NAMES Wild mustard

EDIBLE PARTS AND USES

Edible parts: Vegetable, Leaves

The young leaves are cooked as a potherb. The leaves can be dried and stored.

DESCRIPTION

A cabbage family herb. The stems are erect and hairy. It grows 1 m tall. It can grow for one or two years. The leaves are hairy. The lower leaves are broadly sword shaped and almost in a ring. They have lobes along the stalk. The leaves on the stem are smaller with less lobes. The flowers are small and yellow. They are 6-8 mm long. The fruit are oblong seed capsules. The seeds are narrowly oval and flattened.

HABITAT

It is a subtropical plant.

NOTES

There are about 80 Sisymbrium species.

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