PLANT FACT SHEET

Carrichtera annua (L.) DC.

GENUS *Carrichtera* **FAMILY** Brassicaceae

COMMON NAMES Cress rocket

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Shoots

The young shoots are cooked.

DESCRIPTION

An annual herb. The leaves are alternate and in a ring. They can be divided. The flowers are cream, purple or white.

HABITAT

It is a Mediterranean plant. It grows in the desert. It suits semi-arid areas. It can grow in arid places.

NOTES

It has become a serious weed in some semi-arid rangelands in Australia.

REFERENCES

Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 15th April 2011]

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/18531817-97db-4db9-b343-239dc3dc5a9c