PLANT FACT SHEET

Brassica juncea var. cuneifolia (Roxb.) Kitam.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Indian mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The young leaves and shoots are cooked as a vegetable.

DESCRIPTION

A cabbage family herb. It is an erect herb. The leaves may or may not have a stalk. The lower leaves are larger and the upper leaves are smaller. The flowers are yellow. The fruit is a pod. It is 5-6 cm long and has a beak. There are about 40 seeds in a pod.

HABITAT

It is grown in Nepal to about 1800 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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