PLANT FACT SHEET

Cardamine pentaphyllos (L.) Crantz

GENUS *Cardamine* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves are eaten raw or cooked. They are slightly bitter.
The flowers are also eaten raw.

DESCRIPTION

A cabbage family herb. It keeps growing from year to year. It grows 15-30 cm tall. The leaves are compound and bright green.

HABITAT

It is a temperate plant. It grows in mountainous areas in Europe. It grows in a range of soils. It is best in moist or wet soil.

PRODUCTION

Cultivation

Plants are grown from seeds. Seeds germinate in 1-3 weeks at 15°C. Seedlings can be transplanted.

NOTES

There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.pfaf.org
Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 98

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/24d264fc-b53a-45d1-b09d-9bc838abbaa6