PLANT FACT SHEET

Cardamine diphylla Michx.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Crinkleroot, Pepper-root, Toothwort, Two-leaved toothwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Spice

The roots have a horseradish-like flavour. They are used in salads and eaten raw like radishes.
The leaves can be eaten raw but are better cooked in soups, stew or casseroles.

DESCRIPTION

A small herb. It grows 20-40 cm tall. The rhizome of underground stem has teeth. The lower leaves are mostly compound. The leaves on the stem are in pairs and have teeth. These are each divided into 3 broad leaflets.

HABITAT

It is a temperate plant. It grows in rich damp woodlands and meadows. It grows in hardiness zones 3-8.

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