PLANT FACT SHEET

Barbarea vulgaris R. Br.

GENUS *Barbarea* **FAMILY** Brassicaceae

COMMON NAMES Upland cress, Wintercress, Yellow rocket

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves have a hot peppery flavour useful in cooking.
It can be used in salads, soups, sandwiches.
Leaves from young rosettes in late winter when the weather is less frosty are less bitter. The later more bitter leaves need to be cooked in 2 or 3 changes of water.

DESCRIPTION

A cabbage family herb. It grows up to 80 cm tall. It completes its life cycle over 2 years or can grow for a few years. It has rings of dark glossy green leaves at the base. These have teeth around the edge. The stems are erect and have a few branches. The lower stem leaves are broadest just above the middle. They are 7-15 cm long and have deep lobes along the sides. They have leaf stalks. The leaves further up the stem are smaller and without stalks. The flowers are bright yellow. They occur in clusters in a cylinder shape. Each flower has 4 narrow yellow petals. The fruit pods are very narrow and 1.5-3 cm long. They have a short beak at the tip. The pods split open along their length to release the small seeds.

HABITAT

A temperate plant. It grows along ditches, river banks, damp grasslands, waste places, roadsides, fields, disturbed sites between 700–4100 m altitude in China. It can grow in reasonably moist conditions. It does best in sun of partial shade. It responds to good fertility. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

Leaves are normally picked nefore flowering. The leaves can become bitter in later spring. Covering the leaves near harvest to blanch them can reduce bitterness.

NOTES

There are 12 Barbarea species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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PROVIDED BY **Food Plants International**

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

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