PLANT FACT SHEET

Rorippa montana (Wallich) Small

GENUS *Rorippa* **FAMILY** Brassicaceae

COMMON NAMES Mountain Cress, Wild mustard

EDIBLE PARTS AND USES

Edible parts: Stems, Leaves

The young plants at about flowering stage are used in soup.

DESCRIPTION

A cabbage family herb. It keeps growing from year to year. It grows 20-40 cm high. It has a thickened rootstock. The leaves are almost simple. There can be one or two lobes near the base of the leaf. The leaves are 5-10 cm long by 2-3 cm wide. The pod is narrow and 2-3 cm long by 1-2 mm wide.

HABITAT

It is a temperate plant. It grows in South China.

NOTES

It contains significant amounts of Vitamin C.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 393, 528

"Chinese Nutrition Journal", 2002, Vol 23(11) p 121 (As Nasturtium montanum)

Flora of Pakistan.

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 422

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

READ, (As Nasturtium montanum)

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/2e68075b-10fe-4416-9953-8896356f10a1