PLANT FACT SHEET

Hesperis matronalis L.

GENUS *Hesperis* **FAMILY** Brassicaceae

COMMON NAMES Damask-violet, Dame's rocket, Dame's-violet, Scented rocket, Sweet rocket

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil, Leaves, Flowers

The young leaves before flowering are gathered and eaten in salads.
The seedpods are added to soups and stews.
The flowers are used to add spicy flavour to salads and fruit dishes.
The seeds are the source of an oil.
The sprouted seeds are eaten.

DESCRIPTION

A cabbage family herb. It is an upright annual plant. It grows 60-90 cm high and spreads 60 cm wide. The leaves are smooth, slim and oval. They are 20 cm long. The flower heads are branching. The flowers occur in clusters. The flowers are 40 mm across. They can be white to pale lilac.

HABITAT

It grows in temperate and subtropical places. It needs full sun. It needs moist well drained soil. The soil should be neutral to alkaline. It can tolerate frost. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

Plants are grown from seed. Seedlings can be transplanted. Plants should be 45 cm apart.

NOTES

There are 60 Hesperis species. It can be invasive.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3590327d-b5dd-4f67-89c2-a89fa780e99c