PLANT FACT SHEET

Arabis alpina L.

GENUS *Arabis* **FAMILY** Brassicaceae

COMMON NAMES Alpine rock cress, Mountain rock-cress

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The young leaves and flowers are used as a substitute for cress. They can be eaten raw, cooked or mixed with other leaves as a flavouring.

DESCRIPTION

A cabbage family herb. It is a small plant which keeps growing from year to year. It grows 10-30 cm high and spreads 20-50 cm wide. The leaves are simple. They have fine silver hairs. The flowers are downy and white.

HABITAT

It is a temperate plant. It grows in the mountains in Europe. Hobart Botanical Gardens. It suits hardiness zones 5-9.

PRODUCTION

Cultivation

It can be grown from seeds. It can also be grown by cuttings.

NOTES

There are about 120 Arabis species. They are temperate plants.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 36

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 169

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 36

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 52

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 31

Ojelel, S., et al, 2019, Wild edible plants used by communities in and around selected forest reserves of Teso-Karamoja region, Uganda. Journal of Ethnobiology and Ethnomedicine (2019) 15:3

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. 2:664. 1753

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 30

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/35e07c67-28bc-444c-be3f-5d3c59c42403