PLANT FACT SHEET

Arabis caucasica Willd. ex Schltdl.

GENUS *Arabis* **FAMILY** Brassicaceae

COMMON NAMES Rock cress, Arabic cress, Barbeen

EDIBLE PARTS AND USES

Edible parts: Leaves

It is eaten as a salad herb.

DESCRIPTION

A cabbage family herb. It is a small plant which keeps growing from year to year. It grows 15-30 cm high and spreads 20-50 cm wide. The leaves are grey-green. The flowers are white or occasionally pink.

HABITAT

It grows in the mountains in southern Europe. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

It can be grown from seeds or by division.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3c6de205-76f2-4960-9c84-d6106bb41b2f