PLANT FACT SHEET

Thelypodium integrifolium (Nutt.) Endl.

GENUS *Thelypodium* **FAMILY** Brassicaceae

COMMON NAMES Entire leaf thelypody

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are roasted and eaten as a famine food.

DESCRIPTION

A cabbage family herb. It takes 2 years to complete its lifecycle. It can grow 3 m tall. The leaves are thick and waxy and do not have lobes. The leaves near the base can be 30 cm long. The flowers are in dense spike like groups. They are white or purplish. The fruit is long and narrow with 2 valves. It can be 8 cm long.

HABITAT

It is a temperate plant.

REFERENCES

CASTTETER & BELL,

MINNIS,

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 556

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3df0c116-ddee-47e6-b3e5-99ea78c6fe5b