PLANT FACT SHEET

Brassica integrifolia (H. West) Rupr.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Mustard Greens, Ethiopian cabbage

EDIBLE PARTS AND USES

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

The seeds are used in pickles and the oil in prepared foods. Mustard sauce is made from the seeds.

DESCRIPTION

A cabbage family herb. It is grown as an annual. It grows 1.2 m high. The leaves have lobes along the stalk. The flowers are yellow. They are in groups on long stalks at the top of the plant. The fruit is a long capsule.

HABITAT

A tropical plant. It can tolerate frost. It grows in areas with an annual rainfall of 600-1,600 mm. It can grow in dry and salty soils. It is best in fertile soil. It can grow in arid places. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seeds.

Harvesting and Seed Production

Seeds can be harvested after 90-100 days. The yield can be between 200-500 kg/ha.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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