PLANT FACT SHEET

Lepidium latifolium L.

GENUS *Lepidium* **FAMILY** Brassicaceae

COMMON NAMES Dittander, Pepperweed, Perennial peppercress

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Seeds

The young leaves are eaten raw or cooked. They have a peppery taste and are added to salads. Sometimes they are boiled twice with changes of water to remove the bitterness. They are fried with eggs.
The root can be grated and used as a horseradish substitute.
The seed is used as a flavouring.

DESCRIPTION

A cabbage family herb. It is a perennial plant about 1 m high. It can spread 1m per year by an invasive root system. The leaves near the base have long leaf stalks. The leaves on the stems do not have stalks. They are also long. They are 1-9 cm long by 0.3-4.5 cm wide. The flowers are white. There is no notch at the tip of the fruit. There are some named cultivated varieties.

HABITAT

It is a temperate plant. It grows in salt marshes and wet places. It can grow in sun or light shade. In the Indian Himalayas it grows between 3,000-3,600 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

It is grown from seed and this can be planted in a nursery then transplanted. Plants can be grown by dividing the plant.

NOTES

There are about 150 Lepidium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Al-Ismail, A. et al, 2007, Antioxidant Activities of some Edible Wild Mediterranean Plants. Ital. J. Food Sci. n. 3, vol. 19 - 2007 287

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 323

Angmo, D., et al, 2022, Ethnobotanical Survey of Wild Edible Plants of Leh District, Ladakh. Defence Life Science Journal, Vol. 7, No. 4, October 2022, pp. 257-266

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Bhatia, H., et al, 2021, Wild Edible Fruits and Vegetables of Himachal Pradesh. Journal of Research: The Bede Athenaeum Indian Journals.com March 2021, Vol. 12 No. 1 (53-66)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 67

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 259

"Chinese Nutrition Journal", 2002, Vol 23(8) p 298

Ciocarlan, N. & Ghendov, V., 2015, Ethnobotanical and Ecological Studies of Wild Edible Plants from Bugeac Steppe, Republic of Moldova. Journal of EcoAgriTourism. Cailta terra Vol. 11(2):

Curtis, W.M., 1956, The Students Flora of Tasmania Vol 1 p 46

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 68

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 58

Flora of China @ efloras.org Volume 8

Flora of Australia, Volume 8, Lecythidales to Batales, Australian Government Publishing Service, Canberra (1982) p 259

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Hammer, K. & Spahillari, M., 1999, Crops of European origin. in Report of a networking group on minor crops. IPGRI p 44

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 377

http://www.botanic-gardens-ljubljana.com/en/plants

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 94

Kaul, M.K. et al, 1985, Ethno-botanic studies in North-West and Trans-Himalaya - contribution to the wild food plants of Ladakh. J.Econo. Tax. Bot. Vol. 6 No. 3 pp 523-527

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 155

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 146

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 51

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 56

Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 66

Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40

Murugan, Pal M., et al, 2010, Phytofoods of Nubra valley, Ladakh - The cold desert. Indian Journal of Traditional Knowledge. Vol. 9(2): 303-308

Nanagulyan, S., et al, 2020, Wild plants and fungi sold in the markets of Yerevan (Armenia). Journal of Ethnobiology and Ethnomedicine 16:26

Nedelcheva A., 2013, An ethnobotanical study of wild edible plants in Bulgaria. EurAsian Journal of BioSciences 7, 77-94

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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

Rana, J.C. et al, 2011, Genetic resources of wild edible plants and their uses among tribal communities of cold arid regions of India. Genetic Resources and Crop Evolution. 59:135-149

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 202

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

Singh, J., et al, 2014, Wild Vegetable Plants used by Tribal People of Kinnaur District, Himachal Pradesh, India, Int. J. of Usuf. Mngt. 15 (2): 47-56

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Sp. pl. 2:644. 1753

Tasmanian Herbarium Vascular Plants list p 17

Full reference list (5 more) at https://www.echocommunity.org/en/resources/3ef4e967-4286-49d3-8e85-f57d3a559570

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/3ef4e967-4286-49d3-8e85-f57d3a559570