PLANT FACT SHEET

Crambe tatarica Sebeok

GENUS *Crambe* **FAMILY** Brassicaceae

COMMON NAMES Tartarian breadplant, Tatarian sea kale

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Vegetable

The root is eaten raw. It is also cooked and seasoned with oil, vinegar and salt.
It can be dried and ground into a powder and mixed with cereal flours to make bread.
The young blanched leaf stalks are eaten raw or cooked.

DESCRIPTION

A cabbage family herb. It keeps growing from year to year. It grows 1 m tall and 1 m wide.

HABITAT

It is a temperate plant. It suits USDA hardiness zones 4-8.

NOTES

There are about 20 Crambe species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3f76d496-c0c1-408e-85a7-5ca5d45710cb