PLANT FACT SHEET

# *Cochlearia officinalis* L.

**GENUS** *Cochlearia* **FAMILY** Brassicaceae

**COMMON NAMES** Scurvy grass, Common scurvy-grass, Spoonwort

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Stalk

The leaves and flower heads can be added to salads, soups and sauces.
The juice from the leaves can be added to orange juice.
The leaves can be cooked as edible greens.

## DESCRIPTION

A cabbage family herb. It is a bushy plant about 50 cm tall. It spreads 50 cm wide. It can complete its life-cycle in 2 years or grow for several years. The stem is angular and furrowed. The leaves at the base are thick and fleshy. The leaves are spoon shaped. The flowers are small and white. The fruit are almost round pods. They have small reddish-brown seeds.

## HABITAT

It is a cold temperate plant. It can grow in cold winter conditions. It grows in salty places. It grows in polar regions. It is best in muddy, sandy moist soils. It is resistant to frost but damaged by drought.

## PRODUCTION

### Cultivation

Plants are grown by seeds.

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