PLANT FACT SHEET

Lepidium sativum L.

GENUS *Lepidium* **FAMILY** Brassicaceae

COMMON NAMES Garden cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Spice, Vegetable, Seeds - oil

The leaves are used in salads. They are cut when young.
The tender leaves are cooked as a vegetable. They are used in curries.
The fresh or dried seed pods can be used as a pungent seasoning.
The seeds also yield an edible oil.
The seeds can be sprouted and eaten.
The roots are occasionally used as a flavouring or spice.

DESCRIPTION

A cabbage family herb. It is an annual plant about 60 cm high. It has narrowly lobed leaves. The leaves near the base have long stalks and the leaves higher on the plant do not have stalks. The flowers are small and white. The fruit is a pod. These are oval and deeply notched. The seed pods are reddish brown. The plant develops tuberous roots and grow for a second season. There are some named cultivated varieties.

HABITAT

A temperate plant. In Nepal it grows between 200-3000 m altitude. In tropical Africa it grows between 750-2,900 m and is best at cooler locations. It suits plant hardiness zones 4-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Seeds are sown at regular intervals of about 2 weeks throughout the year. They need to be sown shallowly in a fine soil. Plants can start to be harvested in a few weeks.

Harvesting and Seed Production

It is fast growing

NOTES

There are about 150 Lepidium species. It is rich in iodine, and Vitamins A, D, C, and E.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Ali-Shtayeh, M. S., et al, 2008, Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): A comparative study. J Ethnobiol Ethnomed. 4: 13

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

Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 39

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 103

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

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew.

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:4

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 8

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568.

Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 131

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

Dangwal, L. R., et al, 2014, Exploration of wild edible plants used by Gujjar and Bakerwal tribes of District Rajouri (J&K), India. Journal of Applied and Natural Science 6 (1): 164-169

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342

Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174

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

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 295

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

Flora of Australia, Volume 8, Lecythidales to Batales, Australian Government Publishing Service, Canberra (1982) p 261

Flora of China @ efloras.org Volume 8

Flora of Pakistan. www.eFloras.org

Gabrielian, E. & Zohary, D.: Wild relatives of food crops native to Armenia and Nakhichevan. – Fl. Medit. 14: 5-80. 2004. – ISSN 1120-4052.

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Biocultural Approach. M. Sc. thesis Norwegian University. p 129

Girmay, M., et al, 2022, Wild Edible plants study in a Dryland Ecosystem of Ethiopia. Daagu International Journal of Basic and Applied Research, 4(2):105- 119.

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 365

Hadfield, J., 2001, The A-Z of Vegetable Gardening in South Africa. Struik p 111

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 378

Herklots, G. A. C., 1972, Vegetables in South-East Asia. Allen & Unwin. p 131

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 307

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

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 417

Jansen, P.C.M., 2004. Lepidium sativum L. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < http://database.prota.org/search.htm>. Accessed 16 October 2009.

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 86

Jha, P. K., et al, 1996, Plant genetic resources of Nepal: A guide for plant breeders of agricultural, horticultural and forestry crops. Euphytica 87:189-210

Kaya, O. M., et al, 2020, An ethnobotanical research in Sanhurfa central district and attached Villages (Turkey). Indian Journal of Traditional Knowledge. Vol. 19(1) pp 7-23

Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 299-306

Full reference list (37 more) at https://www.echocommunity.org/en/resources/4924efc5-8ae1-4bc3-864f-8e6a7b0cc6af

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/4924efc5-8ae1-4bc3-864f-8e6a7b0cc6af