PLANT FACT SHEET

Cardamine lyrata Bunge

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Paddy water-cress, Shui tian sui mi qi

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The young shoot are eaten as a potherb.

DESCRIPTION

A cabbage family herb. It grows up to 70 cm tall. It has creeping runners. The leaves are of 2 forms. Those on the creeping stems are simple and oval and wavy along the edges. The leaves along the stems are compound with leaflets along the stems. The leaves are alternate and 5 cm long. They are rounded or kidney shaped and let light through. The leaf stalks are thin. The flowers are small and have white petals. The pods are narrow and compressed. They are 3 cm long by 2 mm wide. They have a beak. The seeds are in a row. They are 2 mm long and have wings.

HABITAT

It is a temperate plant. It grows in moist places, stream sides from near sea level to 1000 m. altitude in China. It needs a temperature of 16-20°C. It needs good light. It can grow in water. It grows in wetlands. In Sichuan.

NOTES

There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

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