PLANT FACT SHEET

Coincya monensis (L.) Greuter & Burdet

GENUS *Coincya* **FAMILY** Brassicaceae

COMMON NAMES Isle of Man cabbage

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw or cooked. It is the basal leaves used in stews.

DESCRIPTION

A cabbage family herb. It grows 30 cm tall and takes 2 years to complete its life-cycle. The flowers are yellow.

HABITAT

It is a temperate or Mediterranean climate plant. It is best in well-drained soil.

REFERENCES

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

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152, 27-71

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4be41262-87f4-4459-9938-b11ea7eb5a33