PLANT FACT SHEET

Lepidium campestre (L.) R. Br.

GENUS *Lepidium* **FAMILY** Brassicaceae

COMMON NAMES Field cress, Cow cress, Pepperwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are boiled and used in soups and stews.
The finely chopped leaves are added to salads. They are also used in omelettes and sauces.
The pungent unripe seedpods can be added to hot soups and stews.
The seeds are occasionally used as a spice.

DESCRIPTION

A cabbage family herb. It can grow for one or two years. It grows to 60 cm high. It has a well developed taproot. The stems branch about half way up. The stem is solid and round in cross section. The leaves are slightly hairy. They have teeth along the edge. The leaves at the base form a ring. They are slightly lobed. Leaves on the lower stem narrow to a stalk. Those higher up are small and triangle shaped and do not have leaf stalks but clasp the stem. The leaves on the stem are 5-10 cm long. The flowers are small and white. The fruit are broadly oval. They have wings at the ends. There is also a notch at the tip.

HABITAT

It is a temperate plant. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 150 Lepidium species.

PICTURES



Credit: Food Plants International (Bruce French)



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Credit: Food Plants International (Bruce French)

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