PLANT FACT SHEET

Thlaspi arvense L.

GENUS *Thlaspi* **FAMILY** Brassicaceae

COMMON NAMES Field Pennycress

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Seeds

The tender shoots are cooked as a vegetable. The water is changed 1 or 2 times. They are also cooked in stir fries and used for making pickles.
The leaves are eaten with oil and salt.
The seeds are used as a condiment. They are used in soups and in sausages.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows up to 60 cm tall and spreads 1 m wide. The stem is erect and angular. The lower leaves are oval or sword shaped with teeth. These leaves have leaf stalks. The upper leaves clasp the stem at their base. The flowers are white and small. They are in long heads. The fruit is a pod. It is flattened.

HABITAT

It is a temperate plant. In Nepal it grows between 2100-4500 m altitude. It grows in open or shady places along riverbanks. It will grow in most soils and is best in an open, sunny position. It is resistant to drought and frost. In Sichuan. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 60 Thlaspi species. It contains sinigrin, an element which reportedly gives the leaves a warm taste. It is high in vitamin C and B2.

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