PLANT FACT SHEET

Cardamine uliginosa M. Bieb.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Bitter cress

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten raw in salads. They are also cooked with yoghurt.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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

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 (As Cardamine cf uliginosa)

Nadiroglu, M. & Behcet, L., 2018, Traditional food uses of wild plants among the Karlıova (Bingöl-Turkey). International Journal of Nature and Life Sciences (IJNLS). Vol. 2(2) p 63

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/53dce808-622a-4ac1-97ab-aacb3a775e27