PLANT FACT SHEET

Lepidium didymum L.

GENUS *Lepidium* **FAMILY** Brassicaceae

COMMON NAMES Lesser swinecress, Twin cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Spice

The leaves have a pungent taste and are used in salads and sandwiches.
The plant can be made more edible by extensive boiling.

DESCRIPTION

A cabbage family herb. It grows 10-70 cm high. It grows for one or two years. It is often a spreading plant lying along the ground. The stems have many branches. The stems are covered with fine long hairs. The stem leaves are divided into leaflets along the stalk. The leaflets vary. The leaves are 2-5 cm long. The leaves are alternate. The plant has a smell like cress when crushed. The flowers are at the end of the plant. The flowers are very small. They may only be 1.5-2 mm across. They have 4 petals. The fruit have 2 rounded sections like two balls close together. These seed pods are 2 mm wide.

HABITAT

It is a temperate plant. It grows on roadsides, waste areas, fields; near sea level to 1000 m altitude in China. It grows between 1,350-2,800 m in the tropics. In Argentina it grows between sea level and 2,900 m above sea level. It can tolerate salty soils. It often grows near mangroves. It can grow in arid places. Tasmania Herbarium.

NOTES

There are 10 Coronopus species.
Now Lepidium didymum.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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