PLANT FACT SHEET

Cardamine kitaibelii Bech.

GENUS *Cardamine* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves are eaten raw or cooked.
The flowers can be eaten raw.

DESCRIPTION

A cabbage family herb. It keeps growing from year to year. It grows 20 cm tall.

HABITAT

It is a temperate plant. It can grow in a range of soils. It can tolerate light shade. It is best in moist soil. It suits hardiness zone 6.

NOTES

There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.pfaf.org

PROVIDED BY **Food Plants International**

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/56800e43-c032-4aa2-9d50-234188d68505