PLANT FACT SHEET

Crambe cordifolia Steven

GENUS *Crambe* **FAMILY** Brassicaceae

COMMON NAMES Colewort, Tartar sea-kale

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The young leaves are eaten as a potherb.
The root is also eaten.

DESCRIPTION

A cabbage family herb. It is a perennial plant. It grows 1.8-2.5 m high and 1.2-1.5 m wide. The leaves are heart shaped or sword shaped. They are 35 cm long. The leaves are puckered and lobed. They are coarse and hairy. The stems are branched and criss-crossed. The flowers are small and white.

HABITAT

It is a temperate plant. It is frost hardy. It is best in a slightly alkaline soil. In Northwest India it grows between 2,400-4,200 m above sea level. Hobart Botanical Gardens. It suits hardiness zones 6-9.

NOTES

There are about 20 Crambe species.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5a2aaa2d-7b0b-411a-8564-7ef661b7fc87