PLANT FACT SHEET

Brassica juncea var. integrifolia (L.) Czern., (H. West) Thell.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Curled kitchen kale

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. These are now grouped into the Chirimenna group, the Crispifolia group and the Fimbriata group.

HABITAT

It is a temperate plant.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 64 (As Brassica fimbriata)

Niwano, Y. et al., 2009, Extensive Screening for Plant Foodstuffs in Okinawa, Japan with Anti-Obese Activity on Adipocytes, in vitro. Plant Foods in Human Nutrition 64:6-10

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 69

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 112

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5ba5f7e2-ad46-427d-ad51-49ee0c4b2ca8