PLANT FACT SHEET

Barbarea intermedia Boreau

GENUS *Barbarea* **FAMILY** Brassicaceae

COMMON NAMES Medium winter-cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The tender shoots and leaves are eaten as a green vegetable.

DESCRIPTION

A cabbage family herb. It is an erect herb which keeps growing from year to year. It grows about 60 cm high. The lower leaves have 5-7 lobes. The end lobe is oval. The flowers are yellow. The fruit are long, narrow pods.

HABITAT

It is a temperate plant. It grows from 3000-3500 m altitude in Nepal. It grows in moist rocky areas. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are 12 Barbarea species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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Tasmanian Herbarium Vascular Plants list p 16

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/609349e3-aea8-4cf8-b267-c8b8a4672d49