PLANT FACT SHEET

Sisymbrium officinale (L.) Scop.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

COMMON NAMES Hedge Mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Stems

The leaves are used in sauces, salads and stews. They have a peppery taste.
The seeds are parched and ground into flour. This is used for flavouring soups.
The flowering shoots are eaten boiled and seasoned with oil and lemon. They are used in soups.

DESCRIPTION

A cabbage family herb. It is an erect annual plant. It grows 25-75 cm tall. It is mostly smooth. The branches are almost at right angles to the stem. The leaves form a ring at the base. The leaves are divided with the lobe at the end being the largest. The upper leaves are smaller. They have 2 lobes at the base. The flowers are pale yellow. The pods are 2.5-5 cm long and about 1 mm wide. They are ribbed and hairy.

HABITAT

It is a temperate plant. It grows in roadsides, fields, pastures, waste grounds, deserts from near sea level to 1500 m altitude in China. It can grow in arid places. In Argentina it grows from sea level to 900 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 80 Sisymbrium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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Full reference list (6 more) at https://www.echocommunity.org/en/resources/632f38ff-4ce3-4112-9749-4bb00bf24520

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