PLANT FACT SHEET

Eruca vesicaria (L.) Cav.

GENUS *Eruca* **FAMILY** Brassicaceae

COMMON NAMES Rocket

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Herb, Spice, Flowers, Vegetable

The young leaves are used as a salad vegetable. They are tender, bitter and slightly mustard flavoured.
Older leaves can be pureed and used in soups and sauces.
The seeds are also eaten. They are used in pickles. They are used for Persian mustard.
The seeds yield an edible oil.
The flowers are used as a garnish.
The seeds can be sprouted and eaten.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows to a height of 1 m and spreads to 0.5 m across. It has a taproot, The stem is erect and slender with few branches. The leaves are bright green and occur opposite each other. The leaves have deep lobes. The flowers are white or pale yellow with purple veins. There are 4 petals. The fruit are 1-4.5 cm long. They are beaked and erect. There are many seeds and are round and 1-2 mm across.

HABITAT

A native of Mediterranean regions. It will grow on most well drained soils. It prefers an open sunny position. It is drought and frost resistant. It can grow on poor soils and with low rainfall. It suits hardiness zones 7-10. In the tropics it grows up to 2,100 m altitude. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed. Seeds germinate in about 1 day at 25°C. Plants need to be cross-pollinated by insects to produce seed.

Harvesting and Seed Production

It should be grown using high nitrogen levels to assist rapid growth and reduce the bitterness. Leaves are picked before flowering to give a more mild taste. Leaves can be harvested after about 3-4 weeks.

NOTES

There are 4 or 5 Eruca species. The seeds contain 30-35% oil.

REFERENCES

Ahmad, L., et al, 2021, An ethnobotanical survey of wild food plants used by the local communities of Kumrat Valley in District Upper Dir, Pakistan. Ethnobotany Research & Applications 22:20 (As Eruca sativa)

Ali-Shtayeh, M. S., et al, 2008, Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): A comparative study. J Ethnobiol Ethnomed. 4: 13

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243 (As Eruca sativa)

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145 (As Eruca sativa)

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 202

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 204

Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62

Barazani, O. & Ziffer-Berger, J., 2014, Eruca sativa, a Tasty Salad Herb with Health-Promoting Properties, in Z. Yaniv, N. Dudai (eds.), Medicinal and Aromatic Plants of the Middle-East, Springer p 269

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 16

Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems 77:159-179

Bidak, L. M., et al, 2015, Goods and services provided by native plants in desert ecosystems: Examples from the northwestern coastal desert of Egypt. Global Ecology and Conservation 3 (2015) 433–447

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24 (As Eruca sativa)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 68

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 399

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 249

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 204

Burnie, G & Fenton-Smith, J., 1999, A Grower's Guide to Herbs. Murdoch Books. p 57

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:4 (As Eruca sativa)

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 6

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318 (As Eruca sativa)

Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 125

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 559

D'Ambrosio, U., & Puri, R. K., 2016, Foodways in transition: food plants, diet and local perceptions of change in a Costa Rican Ngäbe community. Journal of Ethnobiology and Ethnomedicine (2016) 12:3 p 22

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

Di Tizio, A., et al, 2012, Traditional food and herbal uses of wild plants in the ancient South-Slavic diaspora of Mundimitar/ Montemitro (Southern Italy). Journal of Ethnobiology and Ethnomedicine 8:21 (As Eruca sativa)

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342 (As Eruca sativa)

Duarte, M. C., et al, 2022, Diversity of Useful Plants in Cabo Verde Islands: A Biogeographic and Conservation Perspective. Plants 2022, 11, 1313 p 10

Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). Turk. J. Bot. 28 (2004): 161-174

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 58

Flora of Australia, Volume 8, Lecythidales to Batales, Australian Government Publishing Service, Canberra (1982) p 246

Flora of China @ efloras.org Volume 8

Full reference list (74 more) at https://www.echocommunity.org/en/resources/647467cf-7bce-4c62-9704-7fcf61d7e7dd

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/647467cf-7bce-4c62-9704-7fcf61d7e7dd