PLANT FACT SHEET

Lepidium virginicum L.

GENUS *Lepidium* **FAMILY** Brassicaceae

COMMON NAMES Wild pepperwort, Virginia cress, Virginian pepperwort, Wild pepper-grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds - spice, Stems

The leaves and shoots are added to salads and eaten. They are also cooked and eaten.
The unripe pods are chopped and mixed with vinegar and used for their pungent flavour in soups and stews.
The seeds can be used as a substitute for pepper.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows 30-50 cm high. The leaves near the base are lyre shaped and can have lobes. These can be 8 cm long. They are rough with short bristles. The leaves on the stems are simple and have sharp teeth. The fruit is a pod 3 mm long and 3 mm wide. It is almost round but with a notch at the end.

HABITAT

It is a temperate plant. It grows fields, roadsides, waste places, grassy areas; near sea level to 1000 m. altitude in China. It is native to North America; introduced elsewhere. It can grow in arid places.

PRODUCTION

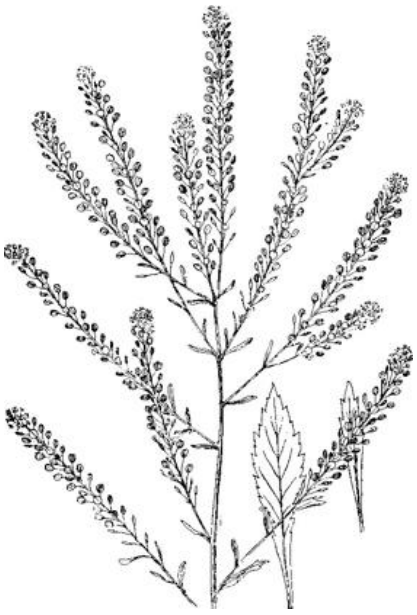
Cultivation

Plants can be grown by seeds.

NOTES

Plant reportedly has a high Vitamin C content. There are about 150 Lepidium species.

PICTURES



Credit: Food Plants International (Bruce French)

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