PLANT FACT SHEET

Matthiola incana (L.) R. Br.

GENUS *Matthiola* **FAMILY** Brassicaceae

COMMON NAMES Stock

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seedpods

The highly fragrant flowers are eaten as a vegetable or used in sweet desserts.
The pods are also edible.

DESCRIPTION

A cabbage family herb. It is a robust plant which keeps growing from year to year. It grows 50 cm high and spreads 30 cm wide. It is woody at the base. The leaf scars are easy to see. The leaves are crowded near the ends of the branches. The lower leaves have leaf stalks but the upper leaves do not. The leaf blade is narrow and sword shaped. It is 3-12 cm long and entire. It has dense hairs over it. The flowers have a sweet scent. The sepals are narrow and 9-13 mm long. They are densely hairy outside. The petals are oval and 2.5 cm long. They are pink, mauve or white. The fruit have lobes 2-3 mm long. The pods are narrow and flattened. They are 4.5-13 cm long. The seeds are 3 mm long.

HABITAT

It is a warm temperate plant. It does best in full sun. It can grow in an average, well drained soil. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants are grown from seed. The seed ars scattered on the soil surface and raked lightly to loosely cover with soil. Plants are spaced 15-20 cm apart.

NOTES

There are about 50-55 Matthiola species.

PICTURES



Credit: Food Plants International (Bruce French)

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