PLANT FACT SHEET

Brassica campestris var. sarson L.; Prain

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Indian colza, Sarson, Yellow sarson

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young leaves and shoots are cooked as a green vegetable.
The seed oil is used for cooking.

DESCRIPTION

A cabbage family herb. It is an annual herb. The leaves clasp the stem. The flowers are yellow. The fruit is a pod. It is 5-8 cm long. There are 30-80 seeds in a pod.

HABITAT

It grows throughout Nepal to 1800 m altitude.

PRODUCTION

Cultivation

Plants are grown from seed. Seeds take 5-6 days to germinate.

Harvesting and Seed Production

First harvesting of leaves can occur after 25-30 days.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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