PLANT FACT SHEET

Peltaria alliacea Jacq.

GENUS *Peltaria* **FAMILY** Brassicaceae

COMMON NAMES Garlic cress, Shieldwort

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The flowers and leaves are eaten in salads. They have a flavour of garlic and mustard. (They become bitter in hot weather.)

DESCRIPTION

A cabbage family herb. It forms clumps. It milder places it can keep growing from year to year. It grows 30 cm tall and wide. The flowering stems can be 60 cm tall. The flowers are white.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the clump.

REFERENCES

Crawford, M., 2012, How to grow Perennial Vegetables. Green Books. p 108

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

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 469

http://www.botanic-gardens-ljubljana.com/en/plants

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7201215b-a13b-40a8-9fbe-b70d98092e76