PLANT FACT SHEET

Cakile lanceolata (Willd.) O. E. Schulz

GENUS *Cakile* **FAMILY** Brassicaceae

COMMON NAMES Sky rocket, Coastal searocket

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit pods

The young leaves have a mustard flavour. They are eaten raw or in soups and stews.
The fleshy fruit pods are eaten.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant. It grows on sand dunes and coastal areas.

REFERENCES

Bounty from the Bush - Edible Wild Plants

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Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 50

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7294a2eb-35fb-42be-a5a9-5522d8ed29aa