PLANT FACT SHEET

Cardamine impatiens L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Narrow-leaf Bittercress

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The tender shoots and leaves are cooked as a vegetable. They are also eaten as a salad.

DESCRIPTION

A cabbage family herb. It grows 20-65 cm tall. It can be hairy. The leaves vary in size. The leaves are 3-7 cm long. They have lobes. The lobes are oval. The flowers are white and in groups of 20-30 flowers. The flowers are 3-4 mm across. The fruit is a pod. There are many seeds about 1 mm long.

HABITAT

It is a temperate plant. It grows in shady or moist slopes, stream sides, fields, roadsides near sea level to 4000 m altitude in China. It grows between 1500-4000 m altitude in Nepal. It grows in wetlands.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

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