



PLANT FACT SHEET

Lobularia maritima (L.) Desv.

GENUS *Lobularia* **FAMILY** Brassicaceae

COMMON NAMES Sweet alyssum, Sweet alison

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Stems

The leaves, young stems and flowers are used to flavour salads and other dishes. They are pungent. They are cooked.

The flowers are also candied.

DESCRIPTION

A cabbage family herb. It can re-grow from seed each year or keep growing for a few years. It is about 8-15 cm tall and 20-30 cm wide. It branches freely producing a bushy plant. The leaves are narrowly sword shaped and 1.5-5 cm long. They are entire and taper to the base and the tip. They are greyish and hairy. The flowers are small and clustered at the ends of stems. The flowers are fragrant. The flowers have 4 petals arranged in a cross shape. They can be pink, purple or white. The flowering shoot lengthens as the fruit develop. The pod is 2.5-3.5 mm wide. There is one seed per section.

HABITAT

It is a temperate plant. It grows in stony areas, waste grounds, yards from sea level to 2000 m altitude in China. It is frost hardy. It does well in sandy soil. It can grow in salty soils. It can grow in arid places. It suits hardiness zones 7-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown from seed. Seedlings can be transplanted. The seeds are just very lightly covered with soil. Plants are spaced about 15 cm apart. Plants drop their seed and resow easily.

NOTES

There are 5 *Lobularia* species.

PICTURES



Credit: Food Plants International (Bruce French)

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