PLANT FACT SHEET

Cardamine violacea (D. Don) Wallich

GENUS *Cardamine* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender shoots and leaves are cooked as a vegetable.

DESCRIPTION

A cabbage family herb. The lower leaves have stalks but the upper leaves do not have stalks and clasp the stem. The flowers are large and purple. They occur in stalk like clusters at the ends of branches.

HABITAT

It is a temperate plant. It grows between 2500-3600 m altitude in Nepal. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

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

REFERENCES

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 134
www.eFloras.org Flora of China Volume 8

PROVIDED BY **Food Plants International**
French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International
LICENCE CC BY-NC-SA 3.0
ONLINE FACT SHEET https://www.echocommunity.org/en/resources/77fc1a70-53e3-4dc5-b21b-afc18f7a4bc5