PLANT FACT SHEET

Cardamine sp.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Bitter cress

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves and flowers can be eaten.

DESCRIPTION

A cabbage family herb. Probably Cardamine africana L. or maybe Cardamine hirsuta L. A small annual plant which grows up to about 20 cm tall. The flowers have white petals and the pods are 2-3 cm long. (C. africana has thicker pods [3 mm] and 3 leaflets on the leaves. C hirsuta has pods about 1 mm thick and about 7 leaflets per leaf.

HABITAT

A tropical plant. C. africana tends to be above 1500 m and C. hirsuta is often at lower altitudes. They grow naturally especially in moist shaded places around gardens.

PRODUCTION

Cultivation

Plants are self sown from seed.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

French, B.R., 1986, Food Plants of Papua New Guinea, A Compendium. Asia Pacific Science Foundation p 324

PROVIDED BY **Food Plants International**

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/7f735d6a-81b7-4bab-80ca-d5266a900fd0