PLANT FACT SHEET

# *Sisymbrium orientale* L.

**GENUS** *Sisymbrium* **FAMILY** Brassicaceae

**COMMON NAMES** Eastern Rocket

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are used in salads.

## DESCRIPTION

A cabbage family herb. It grows each year from seed. It grows 80 cm tall. It is hairy. The lower leaves have lobes pointing out from the midrib. The upper leaves do not have lobes or can have 3 lobes. The flowers are pale yellow and 5-8 mm across. The seed pods are 5-10 cm long.

## HABITAT

It is a temperate plant. In Argentina it grows from sea level to 3,500 m above sea level.

## REFERENCES

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

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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/8267fc68-764f-4235-91e5-ffe046115a93