PLANT FACT SHEET

Sinapis arvensis L.

GENUS *Sinapis* **FAMILY** Brassicaceae

COMMON NAMES Charlock, Field mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Stems

The fruit can be a source of edible oil.
The seeds are eaten or added to barley to increase the flour. The seeds are used as a condiment. They have a mustard flavour.
The leaves are boiled in milk and eaten. They are also added to soups.
The young finely chopped leaves are used to add flavour to salads, cheeses, omelettes, and sandwiches. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The flower buds are prepared and used like broccoli.
The sprouted seeds are used in salads and sandwiches.

DESCRIPTION

A cabbage family herb. It is an erect annual plant. The mature plant is 80 cm to 1.4 m high. The leaves are 5-15 cm long and 2-5 cm wide. They are hairy and there are teeth around the edge. There can be lobes near the base. The flowers are yellow and are clustered along the stem. The fruit is like a pod and is about 2 cm long. The valves on the fruit contain 3-5 distinct petals. The pods have more than 10 seeds.

HABITAT

It is a temperate plant. In western China it grows between 400-1,800 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown by seeds.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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