PLANT FACT SHEET

Cardamine hirsuta L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Hairy bittercress

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Stem, Shoots

The leaves are peppery. The young leaves and flowers can be used in salads. They can also be cooked like spinach.
The young roots are also eaten raw with vinegar and soy sauce.

DESCRIPTION

A cabbage family herb. It is an annual or perennial plant. It forms a rosette or ring of leaves. It grows to a height of 50 cm and spreads to 30 cm. The stem is erect and the leaves are green and sword shaped. They usually have 3-7 pairs of leaflets. The flowers are pale mauve and small. They have 4 petals. They occur in clusters at the ends of branches. The fruit are 15-25 mm long pods, which are narrow and erect. They are about 1 mm thick. The seed are brown and with a smooth coat. They are about 1 mm long.

HABITAT

It is a temperate plant. It does best in humus rich, damp soils. It is frost resistant. It is drought tender. It grows in shady places. It grows in temperate and tropical zones. It grows on mountain slopes, roadsides, fields, clearings, wastelands, damp places, grassy areas; near sea level to 3000 m altitude in China. In Haiti it grows at about 1500 m. In Argentina it grows up to 2,000 m above sea level. Tasmania Herbarium.

PRODUCTION

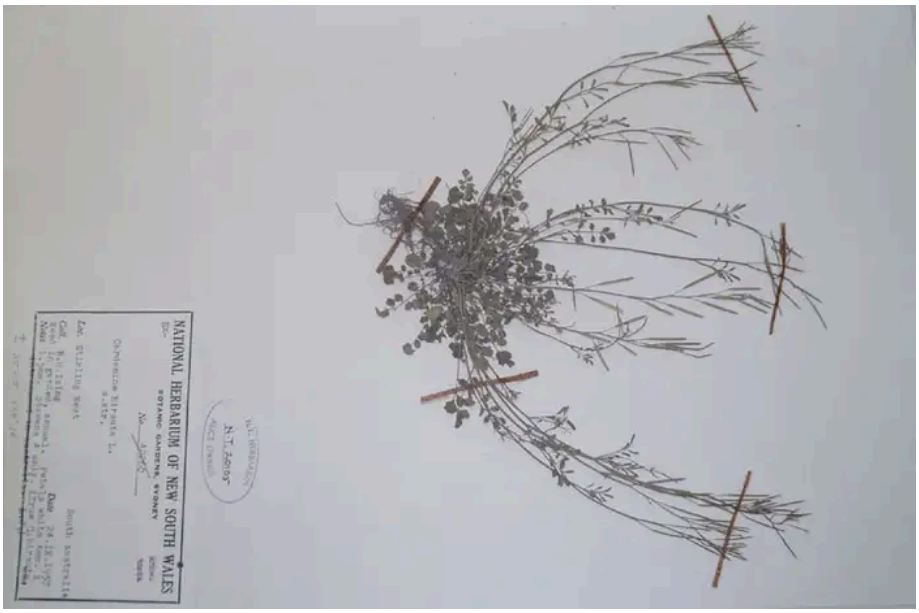
Cultivation

Plants can be grown from seed. They can also be grown by dividing clumps.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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