PLANT FACT SHEET

Nasturtium microphyllum (Boenn. ex Reichb.) Rchb.

GENUS *Nasturtium* **FAMILY** Brassicaceae

COMMON NAMES One-rowed watercress, Brown watercress, Winter watercress

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are boiled as a vegetable.

DESCRIPTION

A cabbage family herb. It is similar to watercress. It keeps growing from year to year. The stems are hollow. They root at the nodes. The flowers are in clusters on the ends of shoots. The flowers are white and have 4 petals. The fruit are more narrow and 15-22 mm long.

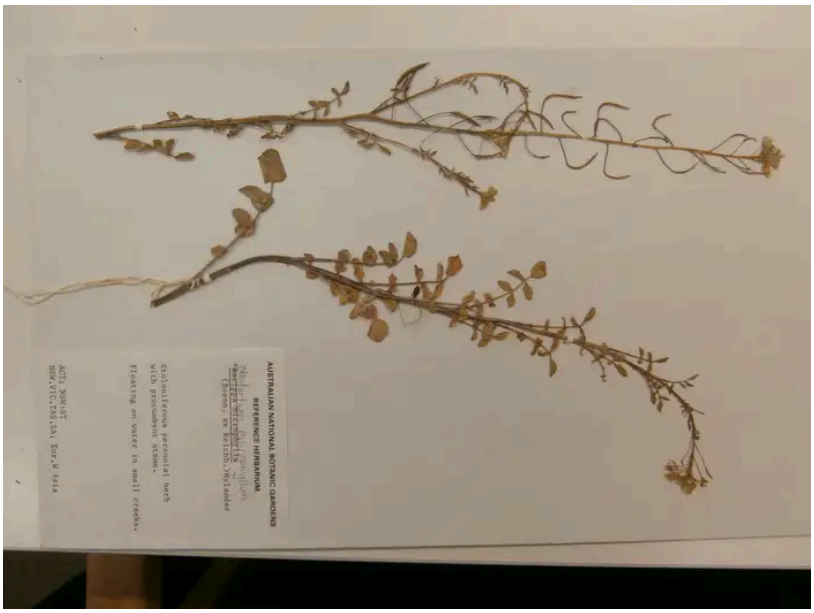
HABITAT

It is a temperate plant. It grows in muddy sites and shallow water. In Argentina it grows from sea level to 1,500 m above sea level.

NOTES

There are about 70 Rorippa species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8917e990-2ff6-4b5a-93c8-05a114d289fe