PLANT FACT SHEET

Brassica napus var. napus L.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Rape, Canola, Tori

EDIBLE PARTS AND USES

Edible parts: Seeds - oil, Leaves, Vegetable

Young leaves are cooked and eaten as a vegetable.
The seeds are important for making cooking oil.

DESCRIPTION

A cabbage family herb. The leaves clasp the stem. The flowers are stalked and yellow. The fruit is a pod. It is 5-6 cm long including the beak. There are about 20 seeds in a pod.

HABITAT

In Nepal it grows up to 2500 m altitude. It is resistant to drought and frost.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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