PLANT FACT SHEET

Descurainia sophia (L.) Webb. ex Prantl

GENUS *Descurainia* **FAMILY** Brassicaceae

COMMON NAMES Fixweed, Herb-Sophia, Tansy mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Spice, Seeds - oil

The young leaves are eaten cooked. They have a bitter flavour. They are also used for tea drinks.
The seeds are eaten raw or roasted. They are a mustard substitute.
The seeds can be sprouted and eaten in salads and sandwiches. They are also used to make a drink.

DESCRIPTION

A cabbage family herb. It is an annual or biennial plant. It is almost 0.4-1 m high. The leaves do not have stalks. They are narrow, oblong and taper towards the tip. The flowers are yellow. The fruit is a pod. It is narrow. The seeds are 1 mm long by 0.5 mm wide.

HABITAT

It is a temperate plant. It occurs in waste ground and along roadsides. Plants will grow in most soil types. It grows on roadsides, waste places, disturbed sites, fields, pastures, deserts from near sea level to 4200 m altitude in China. In Nepal it grows between 2000-4000 m altitude. It can grow in arid places and salty soils.

PRODUCTION

Cultivation

It grows from seed.

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