PLANT FACT SHEET

Hirschfeldia incana (L.) Lagreze-Fossat

GENUS *Hirschfeldia* **FAMILY** Brassicaceae

COMMON NAMES Shortpod mustard, Mediterranean mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers, Stems

The young plants are eaten with oil and lemon juice.
They can also be eaten fresh or boiled.
The seeds can be ground and eaten.
The flowers are added to vegetable dips. They are also fried and stewed.

DESCRIPTION

A cabbage family herb. It is an annual plant. It can sometimes keep growing from year to year. It grows 1 m tall. The leaves are 4-22 cm long by 2-6 cm wide. The flowers are yellow. The seed pods are blunt. They are 7-15 mm long by 1-2 mm wide. They have small beaks each enclosing one seed. The seed is 0.9-1.5 mm across.

HABITAT

It is a temperate plant. It grows in sandy soils. It can grow in arid places. In Argentina it grows from sea level to 2,200 m above sea level. Tasmania Herbarium.

PICTURES



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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