PLANT FACT SHEET

Sisymbrium irio L.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

COMMON NAMES London rocket

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds, Stems

The seeds are parched and used to make a cooling drink. They are stored for later use as a porridge.
The young leaves are eaten raw or cooked. They are boiled or fried.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows up to 70 cm tall. It is almost hairless. The leaves are oblong to sword shaped. The flowers are pale yellow. The seed pod stalk is slender. The fruit are narrow and 3-4 cm long by 1 mm wide. The seeds are oblong and 1 mm long by 0.5 mm wide.

HABITAT

It is a temperate plant. It grows in rocky slopes, orchards, roadsides, fields, pastures, waste grounds, prairies, disturbed sites near sea level to 1700 m altitude in China. In Argentina it grows from sea level to 3,500 m above sea level. It can grow in arid places. Tasmania Herbarium.

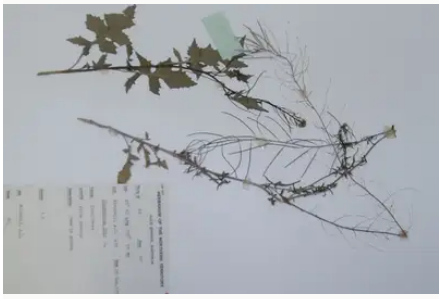
NOTES

There are about 80 Sisymbrium species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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