PLANT FACT SHEET

Brassica incana Ten.

GENUS *Brassica* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves are eaten raw and cooked.
The flowers are eaten as a vegetable.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant. It grows in limestone cliffs near the sea.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/90a76d3e-3416-4034-9fc8-f4c84cf5ca28