PLANT FACT SHEET

Diplotaxis harra (Forssk.) Boiss.

GENUS *Diplotaxis* **FAMILY** Brassicaceae

COMMON NAMES Hara

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds, Spice

The leaves are cooked to prepare special sauces and stews
The seeds are used as a spice.

DESCRIPTION

An annual cabbage family herb. It grows 20-60 cm tall. The leaves are broadly oval. The flowers are yellow.

HABITAT

It is a Mediterranean plant. It grows in the Sahara and arid regions.

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