PLANT FACT SHEET

Cardamine bellidifolia L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Alpine bitter-cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Juice

DESCRIPTION

A herb. The leaves are alternate with 1 leaf at each node. The leaves are simple and can have teeth along the edge. The flowers are white. The fruit is dry and splits open when ripe. They are 8-37 mm long.

HABITAT

It is a temperate plant. It grows in the Alpine zone. It grows in wetlands.

REFERENCES

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/943e4f65-2a72-406f-85fa-f706acfefcbb