PLANT FACT SHEET

Diplotaxis harra subsp. crassifolia (Raf.) Maire.

GENUS *Diplotaxis* **FAMILY** Brassicaceae

COMMON NAMES Ruchetta pendolina

EDIBLE PARTS AND USES

Edible parts: Leaves

The above ground parts are boiled and seasoned with oil and lemon.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

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

Lentini, F. and Venza, F., 2007, Wild food plants of popular use in Sicily. J Ethnobiol Ethnomedicine. 3: 15 (As Diplotaxis crassifolia)

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 (As Diplotaxis crassifolia)

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74 (As Diplotaxis crassifolia)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9996a9ff-0893-4027-a1b1-3e6eae9b7722