PLANT FACT SHEET

Rorippa palustris (L.) Besser

GENUS *Rorippa* **FAMILY** Brassicaceae

COMMON NAMES Marsh watercress

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are eaten. The leaves have a peppery taste.
The leaves are cooked and eaten.

DESCRIPTION

A cabbage family herb. It is a small cress plant. It can grow from seed each year or or take 2 years to complete its life cycle. It is a herb up to 1 m high. The leaves are crinkled and have deep lobes. The flowers are yellow. The pods are short and less than 1 cm.

HABITAT

It is a temperate plant. It grows in marshlands, pastures, meadows, roadsides, shores of lakes and ponds, streamsides, thickets, grasslands; near sea level to 4000 m in China. In Papua New Guinea it grows from 2000 to 2700 m altitude. In Argentina it grows between 100-1,600 m above sea level. It is more common in ditches and near swamps and creeks. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is mostly self sown from seed. Seed can be sown onto waterlogged and nurtient-rich soil.

Harvesting and Seed Production

Leaves are available all year round.

NOTES

There are about 70 Rorippa species.

PICTURES



Credit: Food Plants International (Bruce French)



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