PLANT FACT SHEET

Barbarea verna (Mill.) Asch.

GENUS *Barbarea* **FAMILY** Brassicaceae

COMMON NAMES Early cress, American land cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves can be eaten in salads. They are usually boiled in water and then fried.
They can be cooked but lose their bulk with cooking.
The young flowers can be eaten at bud stage.
The seeds can be used for flavouring.
The sprouted seeds are eaten in salads.

DESCRIPTION

A cabbage family herb. The leaves are dark smooth and shiny. They come from the ground in many stemmed rings. Each stem has leaflets arranged in 2 rows. There is a large rounded leaflet at the end. The flowering stem can be 60 cm high. The flowers are bright yellow. The seed pods are narrow and like a cylinder. There is a short point at the end.

HABITAT

It is a temperate plant. It will grows in the hills in Malaysia. In Haiti it occurs at 1600 m. In Argentina it grows from sea level to 600 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seeds. It easily self seeds.

NOTES

There are 12 Barbarea species.

PICTURES



Credit: Food Plants International (Bruce French)



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