PLANT FACT SHEET

Cardamine pratensis L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Cuckoo Bittercress

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Spice, Vegetable

Young leaves are cooked and eaten. They have the taste of watercress.
The flowers can be eaten as a salad ingredient.

DESCRIPTION

A cabbage family herb that keeps growing from year to year. It grows up to 55 cm tall. It is like Common bittercress but larger. The stems are smooth, straight and hollow. The leaves are cress like. They are compound and occur in rings near the base. The leaves at the base have long leaf stalks. The leaves on the stem have sort stalks and are more narrow. The flowers are pink and white. They are 1.2-2 cm wide. They have 4 petals. They are in dense clusters at the top of the plant. The fruit are long pods. They open by spirally coiled valves.

HABITAT

It is a temperate plant. It grows in damp locations near stream banks. It is often in a partly shaded position. It is a temperate plant. It is resistant to frost but sensitive to drought. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

It can be grown from seed. It can also be grown by division of the rhizomes in autumn.

NOTES

There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

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