PLANT FACT SHEET

Cardamine macrophylla Willdenow

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Large-leaved bitter cress, Central China bitter cress

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

Young parts (leaves) are cooked and eaten as a vegetable.

DESCRIPTION

A cabbage family herb. It grows 30-95 cm tall. It has creeping rhizomes or underground stems. The flower stems are erect and unbranched. The leaves are compound with leaflets along the stalk. The leaves are 7-10 cm long. There are 9-11 leaflets that are narrowly sword shaped and 3-8 cm long and up to 2 cm wide. There are teeth along the edge. The flowers are purple. The pod is narrow and 2-3.5 cm long and flattened. The seeds are oblong and 2 mm long. They are brown.

HABITAT

It is a temperate plant. It grows in damp forests, river banks, tundra, rock crevices, meadows, damp woodlands, thickets, stream sides, valleys, ravines, mountain slopes, among boulders between 500–4200 m altitude in China. In Northeastern India it grows between 3,500-4,000 m above sea level. It grows in wetlands. In Yunnan.

NOTES

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

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