PLANT FACT SHEET

Diplotaxis catholica (L.) DC.

GENUS *Diplotaxis* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The flowers are eaten raw. They are also cooked and used as a garnish in traditional bread.
The young leaves are mixed with Lavatera cretica (Malva multiflora) to make a vegetable dish.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

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Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ae21f39a-3adb-4083-9be3-2408d426bc18