PLANT FACT SHEET

Sisymbrium altissimum L.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

COMMON NAMES Tumble Mustard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Oil

The leaves and young shoots are eaten raw in salads or cooked as a potherb.
The seeds are ground and used to flavour soups.
Oil is pressed from the seeds.

DESCRIPTION

A cabbage family herb. It grows 40-120 cm tall. The stems are erect and branched above. The leaves at the base are in a ring. The leaves are oblong and can be divided. They are 5-20 cm long by 2-8 cm wide. The flowers are yellow. The seeds are 1 mm long by 0.5 mm wide.

HABITAT

It is a temperate plant. It grows in roadsides, fields, pastures, waste grounds, disturbed sites, grasslands from sea level to 2500 m altitude in China. In Argentina it grows from sea level to 1,600 m above sea level.

NOTES

It can become a weed and spread viruses. There are about 90 Sisymbrium species.

PICTURES



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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