PLANT FACT SHEET

# *Thelypodium wrightii* A. Gray

**GENUS** *Thelypodium* **FAMILY** Brassicaceae

**COMMON NAMES** Wright's thelopody

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The young plants are boiled with some salt and eaten as greens. They are also boiled and pressed and dried and stored for later use. They are also used to make a stew.

## DESCRIPTION

A herb. The stems branch towards the end. The stems are 100-220 cm. The leaf stalks at the base are 5-9 cm long. The leaves are sword shaped and 10-23 cm long by 28-55 mm wide. They have lobes. The flowers are white.

## HABITAT

It is a temperate plant. In Southern America it grows between 1,200-2,300 m above sea level.

## REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 556

**PROVIDED BY** **Food Plants International**

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

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/bd1641e6-631b-44cc-bc2b-e1096b9dfd1f