PLANT FACT SHEET

Conringia orientalis (L.) C. Presl.

GENUS *Conringia* **FAMILY** Brassicaceae

COMMON NAMES Hare's-ear mustard, Treacle mustard, Wild cabbage

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds - oil

Leaves and stems are eaten raw. They are used as a flavouring. They are also roasted with egg.
An edible oil used for cooking can be obtained from the seed.

DESCRIPTION

A cabbage family herb. The plant is about 0.5 m high. It is a stout plant and is an annual. The leaves near the base are broadly oval and narrow towards the base. The leaves on the stem are oblong and clasp the stem. They have two rounded ears or lobes near the stem. The flowers have 4 whitish petals. The flower heads are long. The fruit are long angular pods. There are several seeds in a row.

HABITAT

It is a temperate plant. It does best in calcareous soils. It needs a sunny position.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 8 Conrigia species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bf2b6f2d-6a04-4995-86c0-5295cc8218d8