PLANT FACT SHEET

Barbarea stricta Andrz. ex Besser

GENUS *Barbarea* **FAMILY** Brassicaceae

COMMON NAMES Small-flowered wintercress, Upright yellow-rocket

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

DESCRIPTION

A herb. The leaves are compound with 2 or more leaflets or lobes. Leaves have teeth along the edge. Flowers have 4 petals. Flowers are yellow. The fruit are 12-30 mm long. They split open when ripe.

HABITAT

It is a temperate place. It often grows along the edges of rivers.

REFERENCES

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c38235a4-bc9b-4c5b-9dd7-35950c8cb2c2