PLANT FACT SHEET

Christolea crassifolia Cambess

GENUS *Christolea* **FAMILY** Brassicaceae

COMMON NAMES Afghani christolea

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It can lie over. The leaves vary in size, shape and hairiness. They are oblong and 1-5 cm long by 5-20 mm wide. They usually have 3 teeth near the tip. The flowers are 5-7 mm across and white with a purple base.

HABITAT

It is a temperate plant. In China it grows on alpine slopes between 3,500-4,700 m above sea level.

NOTES

There are about 20 Christolea species.

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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/c43987f8-2a97-4068-b779-01229e87503e