PLANT FACT SHEET

Crambe orientalis Linn.

GENUS *Crambe* **FAMILY** Brassicaceae

COMMON NAMES Oriental sea kale

EDIBLE PARTS AND USES

Edible parts: Root, Stalks, Leaves

The very thick roots are used as a substitute for horseradish.
The young flower stalks can be used like broccoli.
The young leaves are eaten.
It can produce an edible oil.

DESCRIPTION

A cabbage family herb.

HABITAT

It is a temperate plant.

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