PLANT FACT SHEET

Iberis amara L.

GENUS *Iberis* **FAMILY** Brassicaceae

COMMON NAMES Rocket candytuft

EDIBLE PARTS AND USES

Edible parts: Seeds - spice

The seeds are occasionally used as a source of mustard.

DESCRIPTION

A cabbage family herb. It is an annual plant. It grows 10-30 cm high. The leaves are simple. The lower leaves are spoon shaped and the higher ones are sword shaped. There can be some teeth near the tip. The flowers are 1 cm across and white or pale violet.

HABITAT

It is a temperate and tropical plant.

NOTES

There are about 30 Iberis species.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 58

Plants of Haiti Smithsonian Institute http://botany.si.edu

Sp. pl. 2:649. 1753

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cddac672-999d-46f9-a2b1-977dff998b1a