PLANT FACT SHEET

Cardamine flexuosa With.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Lady's smock, Wavy Bitter-cress, Woodland Bittercress

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Shoots, Flowers

The leaves are cooked and eaten.

DESCRIPTION

A cabbage family herb. It grows each year from seeds. It grows up to 50 cm tall. It usually has several low branches. There are a ring of leaves at the base. The flowers are 3-4 mm across. The ripe pod is 1.2-2.5 cm long by 1-1.5 mm wide.

HABITAT

It is a temperate plant. It grows in mountain slopes, roadsides, fields, clearings, wastelands, damp fields, roadsides, grasslands, disturbed sites, stream sides, clearings, running water, wet forests, dry sites, greenhouses; near sea level to 3600 m altitude in China. In Argentina it grows to 2,000 m above sea level. Tasmania Herbarium. In Yunnan.

PRODUCTION

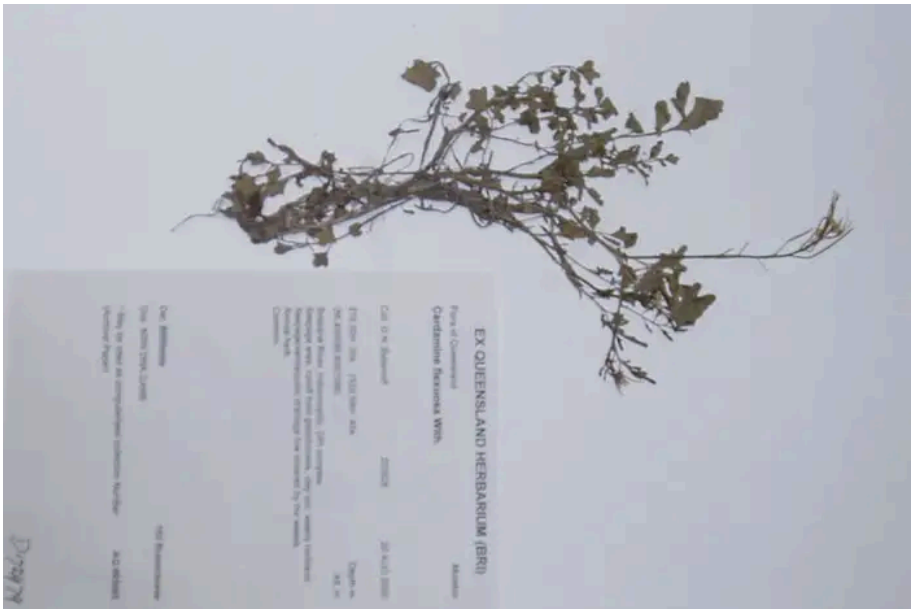
Harvesting and Seed Production

Leaves are available all year round.

NOTES

Used in medicine. There are about 160 Cardamine species. They are mostly in damp places in temperate regions.

PICTURES



Credit: Food Plants International (Bruce French)

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