PLANT FACT SHEET

Conringia planisiliqua Fisch. & C.A. Mey.

GENUS *Conringia* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are roasted with onion.

DESCRIPTION

A herb. It grows 15-50 cm tall. The leaves on the middle of the stem are 2-7 cm long by 1-2.5 cm wide. They are heart shaped at the base.

HABITAT

It is a temperate plant.

REFERENCES

Demir, I. & Ayaz, N., 2022, Wild edible plants contributing to the traditional foods of Mardin (Turkey) Province. Indian Journal of Traditional Knowledge Vol 21(3), July 2022, pp 569-582

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d85f5130-7f4a-4d49-a736-035826ab05ce