PLANT FACT SHEET

Cardamine oligosperma Nutt.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Spring cress, Little Western bitter cress

EDIBLE PARTS AND USES

Edible parts: Leaves

The peppery rosette leaves are added to salads. They can also be cooked and eaten like spinach.

DESCRIPTION

A cabbage family herb.

HABITAT

It is a temperate plant.

NOTES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d8b0f2d0-3887-4216-91a7-172d9211b43f