PLANT FACT SHEET

Sisymbrium erysimoides Desf.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

COMMON NAMES Smooth mustard

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in salads.

DESCRIPTION

A herb. It grows each year from seed. It grows 20-80 cm tall. It can be simple of branched at the top. The leaves at the base are in a ring and they are 15 cm long. The leaves are 2-8 cm long by 1-3 cm wide with 2-4 lobes.

HABITAT

It is a Mediterranean climate plant. In Argentina it grows below 100 m above sea level.

NOTES

Medicine,

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Wikipedia

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d9a08703-2cd4-4584-8741-b278bcfff170