PLANT FACT SHEET

Isatis lusitanica L.

GENUS *Isatis* **FAMILY** Brassicaceae

COMMON NAMES Aleppo woad

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are eaten raw in salads.

DESCRIPTION

A cabbage family herb.

HABITAT

It is a Mediterranean plant.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. 2:670. 1753

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/da2a17c2-2e9a-453d-bc29-e182115845ca