PLANT FACT SHEET

Cardamine trifolia L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Trifoliate bitter cress

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are occasionally used as a potherb.

DESCRIPTION

A cabbage family herb. It is an evergreen plant. It grows to 15 cm high. It forms a spreading mat. The flowers are small and white.

HABITAT

It is a temperate plant.

NOTES

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

REFERENCES

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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/ea43728c-4995-442d-ae45-93de7a8d1e89