PLANT FACT SHEET

Brassica rupestris Raf.

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Wild leafy kale

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The flowers are eaten as a vegetable.

DESCRIPTION

A cabbage family herb.

HABITAT

It is a Mediterranean plant. It grows on limestone cliffs.

PRODUCTION

Cultivation

Plants can be grown from seed.

REFERENCES

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Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ec4efddc-7dc3-40e3-b7e2-8bd3d16aee32