PLANT FACT SHEET

Sinapis alba subsp. dissecta (Lag.) Simonk.

GENUS *Sinapis* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Shoots

The flowers are shoots are cooked and eaten.

DESCRIPTION

A herb. It grows each year from seed. The leaves are finely divided. The fruit is 4-7 mm wide.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/edfc1fba-d39d-4a81-8d15-1f625a489a6b