PLANT FACT SHEET

Erucastrum arabicum Fisch. & C. A. Mey

GENUS *Erucastrum* **FAMILY** Brassicaceae

COMMON NAMES Ethiopian kale

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves and stalks are eaten after cooking. The roots are removed and the leaves and stalks boiled for an hour.
It can cause the skin to become dry and also produce sleepiness.
The leaves are used in soups.

DESCRIPTION

An annual creeping herb. It lies along the ground. It grows each year from seeds. It grows 1 m high. The leaves are in a ring and are grey-green. They are slightly hairy. The leaves are divided and 18 cm long by 5 cm wide. The large lobe at the end is rounded. The flowers are yellow. They are on long slender shoots. The fruit is a long slender capsule. It can be 5 cm long. The seeds are brown.

HABITAT

It is a tropical plant. In Ethiopia it grows in the highlands. In Kenya it grows from sea level to 2,500 m altitude. It grows in areas with an annual rainfall between 1,100-1,900 mm. It can grow in arid places.

PRODUCTION

Harvesting and Seed Production

Young leaves can be harvested at regular intervals.

NOTES

The seeds contain about 35% oil.

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