PLANT FACT SHEET

Cardamine nasturtioides Bert.

GENUS *Cardamine* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The plant is eaten raw.

DESCRIPTION

A cabbage family herb.

Probably now Cardamine bonariensis Juss. ex Per.

HABITAT

It is a temperate plant.

NOTES

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

This is probably a synonym of Cardamine flaccida or C. flexuosa.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 82

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 161

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

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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/f3444116-86bd-4cbd-a4b3-5345c21192c7