PLANT FACT SHEET

Cardamine amara L.

GENUS *Cardamine* **FAMILY** Brassicaceae

COMMON NAMES Large bittercress

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used in salads. They are bitter.

DESCRIPTION

A cabbage family herb. It keeps growing from year to year with runners. It grows 20-40 cm tall. The stems have a few branches. The leaves are along the stem and are alternate. The lower leaves have long stalks. The flowers are white and 1.5 cm across. They have 4 petals. The fruit are slim flat pods.

HABITAT

It is a temperate plant. It grows in humid places near springs. It grows in swamps and along shorelines.

PRODUCTION

Cultivation

Plants are usually grown by seed.

NOTES

There are about 150-180 Cardamine species. They are mostly in damp places in temperate regions. Many varieties are listed.

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