PLANT FACT SHEET

Parrya nudicaulis (L.) Boiss.

GENUS *Parrya* **FAMILY** Brassicaceae

COMMON NAMES Nakedstem wallflower

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are cooked and used with meat or fish in stews.
The new young leaves are eaten. They are also stored in seal oil.

DESCRIPTION

A herb that keeps growing from year to year. The stem is up to 25 cm high. It has bristly glands. The root can be 25 cm long. The leaves are at the base. They are 5-10 cm long. They are oval but more broad towards the upper end. They can have coarse teeth. The flowers have 4 white or purple petals. There are several flowers together in a cluster at the top of the plant. The fruit is a flat pod with wavy edges. It is 3-5 cm long and tapers at both ends.

HABITAT

It is a cold temperate plant. It grows on gravel and peat covered beaches along the coast. In China it is in western China between 2,200-2,500 m above sea level.

REFERENCES

Heller, C. A., 1962, Wild Edible and Poisonous Plants of Alaska. Univ. of Alaska Extension Service. p 58

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 378

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