PLANT FACT SHEET

Cakile lanceolata subsp. fusiformis (Greene) Rodman

GENUS *Cakile* **FAMILY** Brassicaceae

COMMON NAMES Sea Rocket

EDIBLE PARTS AND USES

Edible parts: Leaves

The plant is eaten raw or cooked. They have a mustard flavour.

DESCRIPTION

A cabbage family herb. It is a low fleshy herb. The leaves are 5-15 cm long and divided with narrow lobes. The flowers are white or purple and have 4 petals. The seed pods are thick and jointed and 2 cm long. They have 2 seeds in the lower joints.

HABITAT

It is a warm temperate plant. It grows on sandy beaches and dunes.

NOTES

There are 7 Cakile species. The mostly grow near the sea.

REFERENCES

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 71, 188 (As Cakile fusiformis)

Morton, J., 1961, Plants for survival in South Florida. Florida State Horticultural Society. p 314 (As Cakile fusiformis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fffaa034-6fc9-4e55-9fbe-c7943e815d44