

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Cress

Nasturtium officinale - Watercress
Barbarea vulgaris - Winter-cress

Watercress, *Nasturtium officinale*, belongs to a genus of 6 species of perennials. Watercress was recognized as a significant salad plant as far back as Roman times. It was a valuable source of vitamins to help protect against scurvy. The first recorded commercial cultivation of watercress was in Germany in 1750, followed in 1808, by England.

Watercress is an aquatic perennial with a low growing, creeping habit. It has dark green, pungent leaves and tiny, white flowers in summer.

Winter-cress, *Barbarea vulgaris*, is also known as Land cress, and is one of 14 species. It has been grown since around the seventeenth century and used as a substitute for watercress. Although its popularity had all but died out in Europe it is still widely grown in America.

Winter-cress is a hardy biennial herb that grows as a rosette of dark green, pungent leaves. .

PARTS USED

Both - Leaves

PROPERTIES

Watercress - a pungent herb that acts as an anti-oxidant, is high in vitamin c, benefits digestion and has expectorant properties.

Winter-cress - a pungent herb rich in vitamins and minerals

USES OF THE HERB

Culinary

Both are significant salad leaf herbs. They have a spicy, peppery flavor. Leaves can be used to make a spicy soup.

Medicinal

Water cress - use to stimulate the appetite and provide relief for Bronchitis and wet coughs.

CULTIVATION

Watercress - Running water is the ideal location for growing watercress, however it can be grown in a pot sitting in water as long as it is changed daily. Partial shade. Pinch out the flowering tips to encourage good leaf growth.

Winter-cress - Damp, rich soil in sun or part-shade. Do not allow to dry out over summer as it will bolt to seed and the leaves will become bitter. Pinch out flowering stems as they appear.



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HARVEST

Watercress - Pick leaves as needed.

Winter-cress - Harvest leaves in winter, before it flowers in spring.

Height 10-60cm (4-24in) x
Spread indefinite

