

Wild Cress

Berteroa incana (Family Brassicaceae)



The seeds and flowers taste somewhat pungent, cress-like and can be eaten raw. You can also grow the seeds on the windowsill and harvest and use the young plantlets like cress.



The small, white flowers form the distinctive, rounded florets in mid-summer, which contain many small seeds.



The gray-green color caused by the hairiness has led to its name. This pubescence allows them to survive even prolonged periods of drought well.



It can be theoretically confused with other species of cruciferous plants, but there is no possibility of confusion with poisonous plants.