

Nasturtium officinale W. T. Aiton, 1812 (Cresson de fontaine)

Identifiants : 21666/nasoff

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 19/04/2024

- Classification phylogénétique :
 - Clade : Angiospermes ;
 - Clade : Dicotylédones vraies ;
 - Clade : Rosidées ;
 - Clade : Malvidées ;
 - Ordre : Brassicales ;
 - Famille : Brassicaceae ;
- Classification/taxinomie traditionnelle :
 - Règne : Plantae ;
 - Division : Magnoliophyta ;
 - Classe : Magnoliopsida ;
 - Ordre : Capparales ;
 - Famille : Brassicaceae ;
 - Genre : Nasturtium ;
- Synonymes : *Nasturtium nasturtium-aquaticum* (L.) H. Karst., *Radicula nasturtium* Cav., *Radicula nasturtium-aquaticum* (L.) Rendle & Britten, *Rorippa nasturtium* Beck, *Rorippa nasturtium-aquaticum* (L.) Hayek, *Sisymbrium nasturtium* Thunb., *Sisymbrium nasturtium-aquaticum* L. ;
- Synonymes français : cresson, cresson d'eau, cresson des fontaines, cresson de ruisseau, santé du corps, cardamine, cresson de cailler, grasson, berle, rorippa ;
- Nom(s) anglais, local(aux) et/ou international(aux) : watercress , bronkors (af), dou ban cai (cn transcrit), Brunnenkresse (de), echte Brunnenkresse (de), selada-air (id), mizu-garashi (jp romaji), oranda-garashi (jp romaji), agrião (pt), berro (es) ;
- Rusticité (résistance face au froid/gel) : -29 (-5°C à -17/-22°C selon d'autres sources) ;



- Note comestibilité : ****
- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Feuilles et fleurs (dont boutons) consommées crues, en salade, ou cuites, comme légume (potherbe), en potées ou accompagnement de plat ; le goût acidulé et piquant (poivré), rappelant le radis blanc (daïkon), en fait un bon assaisonnement (haché comme le persil par exemple).

Détails :

feuilles crues ou cuites (ex. : comme potherbe, épinard, brède^{(((dp*))⁽¹⁾}).

Feuille (dont pousses, crues¹/cuites¹ et/ou décoratives¹/aromatisantes¹)μ, fleur¹ (crues¹, dont boutons (crus¹/cuits¹ et/ou décoratifs¹/aromatisants¹)) et fruit (graines (aromatisantes)¹) comestibles.(1*)

Les feuilles et les tiges sont consommées crues ou cuites et ont une saveur épicée. Ils sont également frits. Cooking doit être utilisé si l'eau du ruisseau n'est pas pure et propre. La graine peut germer pour produire des germes. Les graines peuvent être moulues pour faire un arôme de moutarde

Partie testée : feuilles^{{{{0(+x)}}}} (traduction automatique)
 Original : Leaves^{{{{0(+x)}}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
95	63	15	2.4	960	35	3.4	0.1



(1*)ATTENTION : à l'état sauvage et/ou à proximité de bovins et, plus particulièrement, d'ovins, la plante est susceptible de porter la fasciolose (fasciolase ou distomatose hépatique), une maladie parasitaire provoquée par un ver plat, appelé couramment douve ou distome, dont le plus courant est la douve du foie.(1*)ATTENTION : à l'état sauvage et/ou à proximité de bovins et, plus particulièrement, d'ovins, la plante est susceptible de porter la fasciolose (fasciolase ou distomatose hépatique), une maladie parasitaire provoquée par un ver plat, appelé couramment douve ou distome, dont le plus courant est la douve du foie^{{{{--Wiki(dp*)}}}}.

- Note médicinale : ***
- Usages médicaux : Le cresson de fontaine est considéré comme le contre-poison de la nicotine^{{{{wiki}}}} ;
- Illustration(s) (photographie(s) et/ou dessin(s)):



De gauche à droite :

Par Lindman, C.A.M., Bilder ur Nordens Flora Bilder Nordens Fl. vol. 1 (1922), via plantillustrations

Par Brebach-Fechingen, via wikimedia

Par Thomé, O.W., Flora von Deutschland Österreich und der Schweiz (1886-1889) Fl. Deutschl. vol. 2 (1885), via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Il est de plus en plus accepté comme un vert important et populaire dans les hautes terres de Papouasie-Nouvelle-Guinée. Il est vendu sur les marchés locaux^{{{{0(+x)}}}} (traduction automatique).

Original : It is a commercially cultivated vegetable. It is becoming accepted as an important and popular green in the highlands of Papua New Guinea. It is sold in local markets^{{{{0(+x)}}}}.

- Distribution :

C'est une culture de climat tempéré. Il est courant dans les criques tropicales des hautes terres, en particulier celles qui s'écoulent des collines calcaires. (pH 6,5-7,5) Il doit être dans l'eau courante. Sous les tropiques, il se produit d'environ 1000 m jusqu'à au moins 2900 m d'altitude. Il pousse dans les ruisseaux, les fossés, les lacs, les marécages, les marais depuis le niveau de la mer jusqu'à 3700 m d'altitude en Chine. En Argentine, il passe du niveau de la mer à 4 100 m d'altitude. Il pousse dans les zones humides. Il convient aux zones de rusticité des plantes 6 à 10. Herbar de Tasmanie. Au Yunnan. Au Sichuan^{{{{0(+x)}}}} (traduction automatique).

Original : This is a temperate climate crop. It is common in tropical highland creeks especially those flowing off limestone hills. (pH 6.5-7.5) It needs to be in running water. In the tropics it occurs from about 1000 m up to at least 2900 m altitude. It grows in streams, ditches, lakes, swamps, marshes from near sea level to 3700 m altitude in

China. In Argentina it grows from sea level to 4,100 m above sea level. It grows in wetlands. It suits plant hardiness zones 6-10. Tasmania Herbarium. In Yunnan. In Sichuan^{{{{0(+x)}}}.

◦ Localisation :

Afghanistan, Afrique, Albanie, Algérie, Angola, Argentine, Arménie, Asie, Australie, Autriche, Azerbaïdjan, Balkans, Belgique, Bhoutan, Bolivie, Bosnie, Botswana, Brésil, Grande-Bretagne, Bulgarie, Burundi, Cameroun, Canada, Afrique centrale, Afrique centrale Amériq, Asie centrale, Chili, Chine, Comores Congo, Îles Cook, Costa Rica, Croatie, Cuba, Chypre, République tchèque, Danemark, Dominique, République dominicaine, Afrique de l'Est, Timor oriental, Équateur, Égypte, Égypte - Sinaï, Éthiopie, Europe *, Falklands, Fidji, France, Géorgie, Allemagne, Grèce, Guyane, Guyane, Haïti, Hawaï, Himalaya, Hongrie, Inde, Indochine, Indonésie, Iran, Irak, Irlande, Israël, Italie, Jamaïque, Japon, Jordanie, Kazakhstan, Kenya, Kirghizistan, Liban, Lesotho, Libye, Madagascar, Malaisie, Mali, Maurice, Méditerranée, Mexique, Maroc, Mozambique, Myanmar, Népal, Pays-Bas, Nouvelle-Calédonie, Nouvelle-Zélande, Niger, Île Norfolk, Afrique du Nord, Amérique du Nord, Inde du Nord-Est, Norvège, Pacifique, Pakistan, Palestine, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Pérou, Philippines, Pologne, Portugal, Roumanie, Fédération de Russie - Ciscaucasie, Daghestan, Rwanda, Sao Tomé et Príncipe, Scandinavie, Asie du Sud-Est, Seychelles, Sikkim, Slovaquie, Slovénie, Îles Salomon, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Suède, Suisse, Syrie, Taïwan, Tadjikistan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Tunisie, Turquie, Turkménistan, Ukraine, Uruguay, Royaume-Uni, USA, Ouzbékistan, Vanuatu, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe, Fédération de Russie - Ciscaucasie, Daghestan, Rwanda, Sao Tomé-et-Principe, Scandinavie, Asie du Sud-Est, Seychelles, Sikkim, Slovaquie, Slovénie, Îles Salomon, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Suède, Suisse, Syrie, Taïwan, Tadjikistan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Tunisie, Turquie, Turkménistan, Ukraine, Uruguay, Royaume-Uni, États-Unis, Ouzbékistan, Vanuatu, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe, Fédération de Russie - Ciscaucasie, Daghestan, Rwanda, Sao Tomé-et-Principe, Scandinavie, Asie du Sud-Est, Seychelles, Sikkim, Slovaquie, Slovénie, Îles Salomon, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Suède, Suisse, Syrie, Taïwan, Tadjikistan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Tunisie, Turquie, Turkménistan, Ukraine, Uruguay, Royaume-Uni, États-Unis, Ouzbékistan, Vanuatu, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe^{{{{0(+x)}}} (traduction automatique).

Original : Afghanistan, Africa, Albania, Algeria, Angola, Argentina, Armenia, Asia, Australia, Austria, Azerbaijan, Balkans, Belgium, Bhutan, Bolivia, Bosnia, Botswana, Brazil, Britain, Bulgaria, Burundi, Cameroon, Canada, Central Africa, Central America, Central Asia, Chile, China, Comoros Congo, Cook Islands, Costa Rica, Croatia, Cuba, Cyprus, Czech Republic, Denmark, Dominica, Dominican Republic, East Africa, East Timor, Ecuador, Egypt, Egypt - Sinai, Ethiopia, Europe*, Falklands, Fiji, France, Georgia, Germany, Greece, Guiana, Guyana, Haiti, Hawaii, Himalayas, Hungary, India, Indochina, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Jordan, Kazakhstan, Kenya, Kyrgyzstan, Lebanon, Lesotho, Libya, Madagascar, Malaysia, Mali, Mauritius, Mediterranean, Mexico, Morocco, Mozambique, Myanmar, Nepal, Netherlands, New Caledonia, New Zealand, Niger, Norfolk Island, North Africa, North America, Northeastern India, Norway, Pacific, Pakistan, Palestine, Papua New Guinea, PNG, Paraguay, Peru, Philippines, Poland, Portugal, Romania, Russian Federation - Ciscaucasie, Dagestan, Rwanda, Sao Tome and Principe, Scandinavia, SE Asia, Seychelles, Sikkim, Slovakia, Slovenia, Solomon Islands, South Africa, Southern Africa, South America, Spain, Sri Lanka, Sweden, Switzerland, Syria, Taiwan, Tajikistan, Tanzania, Tasmania, Thailand, Timor-Leste, Tunisia, Turkey, Turkmenistan, Ukraine, Uruguay, United Kingdom, USA, Uzbekistan, Vanuatu, Venezuela, Vietnam, West Africa, West Indies, Yugoslavia, Zambia, Zimbabwe^{{{{0(+x)}}}.

◦ Notes :

Il est riche en iode^{{{{0(+x)}}} (traduction automatique).

Original : It is high in iodine^{{{{0(+x)}}}.

• Liens, sources et/ou références :

- WIKIPÉDIA : Fasciolose : <https://fr.wikipedia.org/wiki/Fasciolose> ;
- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Nasturtium_officinale ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2381026 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=25072> ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 180 et 181, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). *Journal of Ethnopharmacology* 151 (2014) 624-634 ; Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. *Libyan Agriculture Research Center Journal International* 1(4):231-243 ; Ali, H., et al, 2011, Ethnobotanical profile of some plant resources in Malam Jabba valley of Swat, Pakistan. *Journal of Medicinal Plants Research* Vol. 5(18), pp 4676-4687 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 393 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 216 (*As Nasturtium officinale*) ; Aryal, K. P. et al, 2009, Uncultivated Plants and Livelihood Support - A case study from the Chepang people of Nepal. *Ethnobotany Research and Applications*. 7:409-422 ; Arellanes, Y., et al, 2013, Influence of traditional markets on plant management in the Tehuacan Valley. *Journal of Ethnobiology and Ethnomedicine* 9:38 (*As Rorippa*) ; Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. *The Journal of Ethnobiology and Traditional Medicine*. Photon 120 (2013) 585-590 ; Batal, M. & Hunter, E., 2007, Traditional Lebanese recipes based on wild plants: An answer to diet simplification? *Food and Nutrition Bulletin*, vol. 28, no. 2 (supplement) © 2007, The United Nations University. ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 58 (*As Nasturtium officinale*) ; Bindon, P., 1996, *Useful Bush Plants*. Western Australian Museum. p 218 (*As Nasturtium officinale*) ; Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. *Acta Societatis Botanicorum Poloniae* 84 (3): 327-338 ; Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. *Italian Botanist* 5:1-24 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 888 (*As Nasturtium officinale*) ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 718 (*As Nasturtium officinale*) ; Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 194 (*As Nasturtium officinale*) ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1560 (*As Nasturtium officinale*) ; Burnie, G & Fenton-Smith, J., 1999, *A Grower's Guide to Herbs*. Murdoch Books. p 73 (*As Nasturtium officinale*) ; Cerne, M., 1992, *Wild Plants from Slovenia used as Vegetables*. *Acta Horticulturae* 318 ; Cheifetz, A., (ed), 1999, *500 popular vegetables, herbs, fruits and nuts for Australian Gardeners*. Random House p 141 (*As Nasturtium officinale*) ; Chen, B. & Qiu, Z., *Consumer's Attitudes towards Edible Wild Plants*, Ishikawa Prefecture, Japan. p 24 www.hindawi.com/journals/ijfr/aip/872413.pdf ; Cherikoff V. & Isaacs, J., *The Bush Food Handbook*. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 193 (*As Nasturtium officinale*) ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 77 (*As Nasturtium officinale*) ; Cordero, S. E., Abello, L. A., & Galvez, F. L., 2017, *Plantas silvestres comestibles y medicinales de Chile y otras partes del mundo*. CORMA p 204 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 124 (*As Nasturtium officinale*) ; Curtis, W.M., 1956, *The Students Flora of Tasmania* Vol 1 p 31 ; Dangol, D. R. et al, 2017, *Wild Edible Plants in Nepal*. *Proceedings of 2nd National Workshop on CUAOGR*, 2017. ; Dashorst, G.R.M., and Jessop, J.P., 1998, *Plants of the Adelaide Plains & Hills*. Botanic Gardens of Adelaide and State Herbarium. p 68 (*Rorippa nasturtium-aquaticum*) ; Dogan, Y., 2012, *Traditionally used wild edible greens in the Aegean Region of Turkey*. *Acta Societatis Botanicorum Poloniae* 81(4): 329-342 ; Duke, J.A., 1992, *Handbook of Edible Weeds*. CRC Press. p 130 (*As Nasturtium officinale*) ; Elias, T.S. & Dykeman P.A., 1990, *Edible Wild Plants*. A North American Field guide. Sterling, New York p 146 (*As Nasturtium officinale*) ; Ertug, F., 2000, *An Ethnobotanical Study in Central Anatolia (Turkey)*. *Economic Botany* Vol. 54. No. 2. pp. 155-182 ; Ertug, F., Yenen Bitkiler. *Resimli Târkkiye Floras* ± -I- *Flora of Turkey - Ethnobotany supplement* ; Esperanca, M. J., 1988, *Surviving in the wild. A glance at the wild plants and their uses*. Vol. 2. p 304 (*As Nasturtium officinale*) ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 58 (*As Nasturtium officinale*) ; Foo, J.T.S.(ed), 1996, *A Guide to Common Vegetables*. Singapore Science Foundation. p 47 (*As Nasturtium officinale*) ; *Flora of Australia*, Volume 8, *Lecythidales to Batales*, Australian Government Publishing Service, Canberra (1982) p 323 (*As Nasturtium officinale*) ; *Flora of Australia* Volume 49, *Oceanic Islands 1*, Australian Government Publishing Service, Canberra. (1994) p 142 (*Rorippa nasturtium-aquaticum*) ; *Flora of China*. www.eFloras.org Volume 8 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 139 ; French, B.R., 1986, *Food Plants of Papua New Guinea*, A Compendium. Asia Pacific Science Foundation p 68 (*As Nasturtium officinale*) ; French, B.R., 2010, *Food Plants of Solomon Islands*. A Compendium. Food Plants International Inc. p 97 ; Furusawa, T., et al, 2014, Interaction between forest biodiversity and people's used of forest resources in Roviana, Solomon Islands: implications for biocultural conservation under socioeconomic changes. *Journal of Ethnobiology and Ethnomedicine*, 10:10 ; GADE, (*As Nasturtium officinale*) ; Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. *Journal of Ethnobiology and Ethnomedicine*. 12:10 ; Ghimeray, A. K., Lamsal, K., et al, 2010, *Wild edible angiospermic plants of the Illam Hills (Eastern Nepal) and their mode of use by local community*. *Korean J. Pl. Taxon.* 40(1) ; Gunes, S. et al, 2018, *Survey of wild food plants for human consumption in Karaisali (Adana-Turkey)*. *Indian Journal of Traditional Knowledge*. Vol. 17(2), April 2018, pp 290-298 ; Hadfield, J., 2001, *The A-Z of Vegetable Gardening in South Africa*. Struik p 132 ; Hadjichambis, A. C., et al, 2007, *Wild and semi-domesticated food plant consumption in seven circum-Mediterranean areas*. *International Journal of Food Sciences and Nutrition*. 2007, 1-32. ; Harkonen, M. & Vainio-Mattila, K., 1998, *Some examples of Natural Products in the Eastern Arc Mountains*. *Journal of East African Natural History* 87:265-278 ; Harris, S., Buchanan, A., Connolly, A., 2001, *One Hundred Islands: The Flora of the Outer Furneaux*. Tas Govt. p 215 (*Rorippa nasturtium-aquaticum*) ; Herklots, G. A. C., 1972, *Vegetables in South-East Asia*. Allen & Unwin. p 143 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002*, *Florilegium*. p 252 (*As Nasturtium officinale*) ; Hinnawi, N. S. A., 2010, *An ethnobotanical study of wild edible plants in the Northern West Bank "Palestine"*. *An-Najah National University*. p 92 ; Howard, H.W., 1979, *Watercress*, in Simmonds N.W.,(ed), *Crop Plant Evolution*. Longmans. London. p 62 (*As Nasturtium officinale*) ; <http://nordicfoodlab.org/blog/2102/9/wild-edible-plants-an-overview> ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia*. Plant Protection Society of Western Australia. p 120 (*As Nasturtium officinale*) ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 422 ; Irving, M., 2009, *The Forager Handbook, A Guide to the Edible Plants of Britain*. Ebury Press p 97 (*As Rorippa*) ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2. p 98 (*As Nasturtium officinale*) ; Joshi, N., et al, 2007, *Traditional*

neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development. (As *Rorippa nasturtium*) ; Joshi, N. & Siwakoti, M., 2012, Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation. *Nepal Journal of Science and Technology* Vol. 13, No. 1 (2012) 59-66 (As *Rorippa nasturtium-aquaticum*) ; Kapelle, M., et al, 2000, Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest. *Mountain Research and Development*, 20(2): 162-171. ; Kargioglu, M. et al, 2010, Traditional Uses of Wild Plants in the Middle Aegean Region. *Human Ecology* 38:429-450 ; Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). *Indian Journal of Traditional Knowledge*. Vol. 17(2), April 2018, pp 299-306 ; Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. *Economic Botany*, Vol. 49, No. 2, pp. 115-152 (As *Nasturtium officinale*) ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 434, 1876 ; Koca, I., et al, 2015, Some Wild Edible Plants and Their Dietary Fiber Contents. *Pakistan Journal of Nutrition*. 14(4): 188-194 ; Kujawska, M. & Luczaj, L., 2015, Wild Edible Plants Used by the Polish Community in Misiones, Argentina. *Human Ecology* 43:855-869 ; Kumar, P. D., et al, 2015, Ethnobotanical Knowledge and Usage of Wild Plants in the Theog Forest Division, Himachal Pradesh, North Western Himalaya. *The Journal of Ethnobiology and Traditional Medicine*. *Photon* 124(2015) 922-935 ; Kybal, J., 1980, Herbs and Spices, A Hamlyn Colour Guide, Hamlyn Sydney p 136 (As *Nasturtium officinale*) ; Ladio, A. H. & Lozada, M., 2000, Edible Plant Use in a Mapuche Community of North-western Patagonia, *Human Ecology*. Vol. 28, No. 1. pp. 53-71 ; Ladio, A. H., 2001, The Maintenance of Wild Edible Plant Gatherings in a Mapuche Community of Patagonia. *Economic Botany*, Vol. 55, No. 2, pp. 243-254 ; Ladio, A. H. and Lozada, M., 2003, Comparison of wild edible plant diversity and foraging strategies in two aboriginal communities of northwestern Patagonia. *Biodiversity and Conservation* 12: 937-951 ; Ladio, A. H. and Lozada, M., 2004, Patterns of use and knowledge of wild edible plants in distinct ecological environments: a case study of a Mapuche community from northwestern Patagonia. *Biodiversity and Conservation* 13:1153-1173 ; Ladio, A., Lozada, M. & M. Weigandt, 2007, Comparison of traditional wild plant knowledge between aboriginal communities inhabiting arid and forest environments in Patagonia, Argentina. *Journal of Arid Environments* 69 (2007) 695-715 (As *Rorippa*) ; Larkcom, J., 1991, *Oriental Vegetables*, John Murray, London, p 126 (As *Nasturtium officinale*) ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 206 (As *Nasturtium officinale*) ; Leach, G.J., & Osborne, P.L., 1985, *Freshwater Plants of Papua New Guinea*. UPNG Press, p 105 (As *Nasturtium officinale*) ; Lembogi Biologi Nasional, 1980, *Sayur-sayuran*. Balai Pustaka, Jakarta. p 94 (As *Nasturtium officinale*) ; Low, T., 1992, *Bush Tucker. Australia's Wild Food Harvest*. Angus & Robertson. p 140 (As *Nasturtium officinale*) ; Low, T., 1991, *Wild Herbs of Australia and New Zealand*. Angus & Robertson. p 58 (Drawing) (*Rorippa nasturtium-aquaticum*) ; Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. *Acta Soc Bot Pol* 81(4):359-370 (As *Rorippa nasturtium-aquaticum*) ; Luczaj et al, 2013, Wild vegetable mixes sold in the markets of Dalmatia (southern Croatia). *Journal of Ethnobiology and Ethnomedicine*. 8:2 ; Mabey, R., 1973, *Food for Free. A Guide to the edible wild plants of Britain*, Collins. p 75 (As *Nasturtium officinale*) ; MacKinnon, A., et al, 2009, *Edible & Medicinal Plants of Canada*. Lone Pine. p 210 ; Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 356, 364 (As *Nasturtium officinale*) ; Malaisse, F., 1997, *Se nourrir en foret claire africaine. Approche ecologique et nutritionnelle*. CTA., p 65 (As *Nasturtium officinale*) ; Malezas Comestibles del Cono Sur, INTA, 2009, Buenos Aires ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 400 (*Rorippa nasturtium-aquaticum*) ; Martin, F.W., & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 30, 188 (As *Nasturtium officinale*) ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya*. National Museum of Kenya. 288p ; Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. *Kulturpflanze* 37. 1989, 211-357 ; Moerman, D. F., 2010, *Native American Ethnobotany*. Timber Press. p 481 (As *Rorippa*) ; Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 46 (As *Nasturtium officinale*) ; Mukhia, P.K., et al, 2013, Wild plants as Non Wood Forest Products used by the rural community of Dagana, a southern foothill district of Bhutan, *SAARC Journal*, 27 pages ; Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. *Life Science Leaflets* 3:17-54 ; Namrata, et al, 2011, Wild Edible Plants of Uttarakhand Himalaya: A Potential Nutraceutical Source. *Research Journal of Medicinal Plant*. (5) 6: 670-684 ; Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. *Economic Botany* 57(1): 103-117 (As *Nasturtium officinale*) ; Pardo-de-Santayana, M., et al, 2005, The gathering and consumption of wild edible plants in the Campoo (Cantabria, Spain). *International Journal of Food Sciences and Nutrition*. 56(7): 529-542 ; Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. *Nha Xuat Ban Tre*. p 605 (As *Nasturtium officinale*) ; Pieroni, A., et al, 2017, The spring has arrived: traditional wild vegetables gathered by Yarsanis (Ahl-e Haqq) and Sunni Muslims in Western Hawraman, SE Kurdistan (Iraq). *Acta Soc Bot Pol* 86(1):3519 ; Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). *Indian Journal of Traditional Knowledge*. Vol. 1(1): 69-75 ; Polat, R., et al, 2017, Survey of wild food plants for human consumption in Bingol, (Turkey). *Indian Journal of Traditional Knowledge*. Vol. 16(3) July 2017, pp. 378-384 ; PROSEA handbook Volume 13 Spices. p 279 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 176 ; Omawale, 1973, *Guyana's edible plants*. Guyana University, Georgetown p 111 (As *Nasturtium officinale*) ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, *Tropical Leaf Vegetables in Human Nutrition*, Communication 69, Department of Agricultural research, RTI Amsterdam, p 36, 46, 91 (As *Nasturtium officinale*) ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 188 ; Peekel, P.G., 1984, (Translation E.E.Henty), *Flora of the Bismarck Archipelago for Naturalists*, Division of Botany, Lae, PNG. p 194, 195 (As *Nasturtium officinale*) ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> (As *Nasturtium officinale*) ; Plants of Haiti Smithsonian Institute <http://botany.si.edu> ; Polunin, O., & Stainton, A., 2006, *Flowers of the Himalaya*, Oxford India Paperbacks. p 43 ; Purselove, J.W., 1968, *Tropical Crops Dicotyledons*, Longmans. p 96 (As *Nasturtium officinale*) ; Quintana, C. M., 2010, *Wild Plants in the Dry Valleys Around Quito Ecuador. An Illustrated Guide*. Publicaciones del Harbario, QCA p 97 ; Radha, B., et al, 2013, Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India. *Int. Res J. Biological*

Sci. Vol. 2 (11), 65-73 ; Rangel-Landa, S., et al, 2017, Sociocultural and ecological factors influencing management of edible and non-edible plants: the case of Ixcatlan, Mexico. *Journal of Ethnobiology and Ethnomedicine*. 13:59 ; Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. *Ecology of Food and Nutrition*, 45:189-232 ; Rigat, M et al, 2009, Ethnobotany of Food Plants in the High River Ter Valley (Pyrenees, catalonia, Iberian Peninsula): Non-Crop Food Vascular Plants and Crop Food Plants with medicinal Properties. *Ecology of Food and Nutrition*, 48:303-327 ; Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 63 ; Schneider, E., 2001, Vegetables from Amaranth to Zucchini: The essential reference. HarperCollins. p 227 ; Sainty, G.R. & Jacobs, S.W.L., 1981, Waterplants of New South Wales. Water Resources Commission. NSW p 74 (*Rorippa nasturtium-aquaticum*) ; Sched. fl. stiriac. 3-4:22. 1905 ; Schippers, R.R., 2004. *Nasturtium officinale* R.Br. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 20 October 2009 19 October 2009. ; Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. *Indian Journal of Traditional Knowledge*. Vol 17(1) January 2018 pp 122-131 ; Sher, H. et al, 2011, Ethnobotanical and Economic Observations of Some Plant Resources from the Northern Parts of Pakistan. *Ethnobotany research & Applications* 9:027-041 ; Sher, Z., Hussain, F., & Ibrar, M., 2014, Traditional knowledge on plant resources of Ashezai and Salarzai Valleys, District Buner, Pakistan. *African Journal of Plant Science*. Vol. 8(1), pp. 42-53, January 2014 ; Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. *Journal of Applied Botany and Food Quality* 88, 49-67 ; Singh, H.B., Arora R.K., 1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 31 (*As Nasturtium officinale*) ; Skinner, G. & Brown, 1981, C., Simply Living. A gatherer's guide to New Zealand's fields, forests and shores. Reed. p 25 (*As Nasturtium officinale*) ; Solomon, C., 2001, Encyclopedia of Asian Food. New Holland. p 405 (*As Nasturtium officinale*) ; Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 203 (*As Nasturtium officinale*) ; Stephens, K.M., & Dowling, R.M., 2002, Wetland Plants of Queensland. A field guide. CSIRO p 13 (*Rorippa nasturtium-aquaticum*) ; Stern, G., 1986, Australian Weeds. A Source of Food and Medicine. Harper & Row. p 205 (*Rorippa nasturtium-aquaticum*) ; Stern, G., 1986, Australian Weeds. A Source of Food and Medicine. Harper & Row. p 205 (*As Nasturtium officinale*) ; Stubbs, R. D., 1966, An investigation of the Edible and Medicinal Plants used by the Flathead Indians. MA thesis University of Montana. p 41 (*As Rorippa*) ; Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. *Economic Botany* 58(4) pp 626-638 ; Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. *Botanical J. Linnean Soc.* 152, 27-71 ; Tasmanian Herbarium Vascular Plants list p 18 ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 61 (*As Nasturtium officinale*) ; Tindall, H.D., 1983, Vegetables in the tropics. Macmillan p. 131 (*As Nasturtium officinale*) ; Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh. *Indian Journal of Traditional Knowledge*. Vol 16(4), October 2017, pp 626-637 ; Tsherig, K., 2012, Edible Wild Plants of Bhutan and their contribution to Food and Nutrition Security. Ministry of Ag. and Forests, Bhutan. www.fao.org ; Tukan, S. K., et al, 1998, The use of wild edible plants in the Jordanian diet. *International Journal of Food Sciences and Nutrition*. 49:225-235 ; Upson, R., & Lewis R., 2014, Updated Vascular Plant Checklist and Atlas for the Falkland Islands. Falklands Conservation and Kew. ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) (*As Nasturtium officinale*) ; van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 324 ; Walter, A. & Lebot, V., 2007, Gardens of Oceania. ACIAR Monograph No. 122. p 285 ; Wang, J. et al, 2013, A Study on the Utilization of Wild Plants for Food in Liangshan Yi Autonomous Prefecture. *Plant Diversity and Resources*. 35(4): 416-471 ; Woodward, P., 2000, Asian Herbs and Vegetables. Hyland House. p 99 (*As Nasturtium officinale*) ; www.wildediblefood.com ; Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. *Economic Botany*. 58(4): 647-667. ; Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. *Journal of Ethnobiology and Ethnomedicine*. 10:72 ; Zhou Taiyan, Lu Lianli, Yang Guang; Ihsan A. Al-Shehbaz, BRASSICACEAE (CRUCIFERAE), Flora of China. (*As Nasturtium officinale*)