

Barbarea verna

[Synonyms : *Barbarea barbarea*, *Barbarea praecox*, *Campe verna*, *Erysimum vernum*]

AMERICAN WINTER-CRESS is a biennial or perennial (grown as an annual). Native to Europe it has bright yellow flowers.

It is also known as *Agrião-de-horta* (Portuguese), *Agrião-de-sequeiro* (Portuguese), *Agrião-rinchao* (Portuguese), American cress, *Barbarakraut* (German), *Barbarea* (Italian), *Barbarée* (French), *Barbarée précoce* (French), *Barbarée printanière* (French), *Barbareo printempa* (Esperanto), *Barbenkraut* (German), Belle isle cress, Bermuda cress, *Berrillo* (Spanish), *Berro mastuerzo* (Spanish), *Berwr Tir* (Welsh), Common wintercress, Cress, *Cresson de jardin* (French), *Cresson de terre* (French), Early cress, Early winter cress, Early yellowrocket, *Erba di Santa Barbara vernale* (Italian), *Frühesbarbarakraut* (German), *Frühlingsbarbarakraut* (German), *Frühlings-Barbenkraut* (German), *Frühlings-Winterkresse* (German), *Herbe aux charpentiers* (French), *Hierba de Santa Bárbara* (Spanish), *Krassikanankaali* (Finnish), *Langskulpet vinterkarse* (Danish), Land cress, *Maakrassi* (Finnish), Mustard greens, Normandy cress, *Oruga del jardín* (Spanish), Peppergrass, Scurvy cress, Scurvy grass, Spring cress, *Tidlig vinterkarse* (Danish), Treacle mustard, Treacle wormseed, Upland cress, *Vårgyllen* (Swedish), *Vårkarse* (Norwegian), *Vinterkrasse* (Swedish), *Vroeg barbarakruid* (Dutch), Winter cress, *Winterkresse* (German), Winter rocket, Wormseed, Yellow cress, and Yellow rocket.

Verna means ‘of Spring’ (the time of year when the plant flowers).

The leaves were eaten as both salad and a cooked vegetable by the North American Cherokee Indians.

The fresh leaves can be eaten like watercress (*Nasturtium officinale*) today in salads in Europe (especially Germany) and North America.