

Barbarea vulgaris

[Synonyms : *Arabis barbarea*, *Barbarea abortiva*, *Barbarea altaica*, *Barbarea arcuata*, *Barbarea arcuata* forma *brachycarpa*, *Barbarea arcuata* var. *pubescens*, *Barbarea augustana*, *Barbarea balcana*, *Barbarea barbarea*, *Barbarea barbarea* subsp. *brachycarpa*, *Barbarea barbarea* var. *longisiliquosa*, *Barbarea hirsuta*, *Barbarea iberica*, *Barbarea kayseri*, *Barbarea lepuznica*, *Barbarea linnaei*, *Barbarea lyrata*, *Barbarea macrophylla*, *Barbarea pyrenaica*, *Barbarea rivularis*, *Barbarea rupestris*, *Barbarea sicula*, *Barbarea stricta*, *Barbarea sylvestris*, *Barbarea taurica*, *Barbarea vicina*, *Barbarea vulgaris* var. *acuta*, *Barbarea vulgaris* subsp. *arcuata*, *Barbarea vulgaris* var. *brachycarpa*, *Barbarea vulgaris* var. *gracilis*, *Barbarea vulgaris* var. *hirsuta*, *Barbarea vulgaris* var. *longisiliquosa*, *Barbarea vulgaris* var. *macrophylla*, *Barbarea vulgaris* forma *plena*, *Barbarea vulgaris* var. *sylvestris*, *Barbarea vulgaris* var. *taurica*, *Barbarea vulgaris* subsp. *vulgaris*, *Campe barbarea*, *Campe barbarea* var. *hirsuta*, *Campe rivularis*, *Campe stricta*, *Cheiranthus ibericus*, *Cheiranthus laevigatus*, *Crucifera arcuata*, *Crucifera barbaraea*, *Eruca barbarea*, *Erysimum arcuatum*, *Erysimum barbarea*, *Erysimum lucidum*, *Erysimum lyrifolium*]

WINTER CRESS is a biennial or perennial. Native to Europe it has bright yellow flowers.

It is also known as *Almindelig vinterkarse* (Danish), *Bangyllen* (Swedish), *Barbarakraut* (German), *Barbarakruid* (Dutch), Barbara's herb, *Barbarée* (French), *Barbarée commune* (French), *Barbarée vulgaire* (French), *Barbareo ordinara* (Esperanto), *Barborka obecná* (Czech), *Berw Caersalem* (Welsh), *Berwr y Gaeaf* (Welsh), Bitter cress, Common winter cress, Common yellow rocket, Creasy-greens, Cress, *Echte Barbarakraut* (German), *Echte Winterkresse* (German), *Erba disanta barbara* (Italian), *Erva-de-Santa-Bárbara* (Portuguese), Garden yellowrocket, *Gewoon barbarakruid* (Dutch), *Girarde jaune* (French), Hedge mustard, Herb Barbara, *Herbe aux charpentiers* (French), *Herbe de Sainte-Barbe* (French), Herb-of-St. Barbara, *Hierba de Santa Bárbara* (Portuguese), Land cress, *Peltokanankaali* (Finnish), Poor man's cabbage, Rockcress, Rocket, Rocket cress, St. Barbara's cress, St. Barbara's herb, Scurvy grass, *Sommargyllen* (Swedish), *Udspærret Vinterkarse* (Danish), Upland cress, *Vanlig sommargyllen* (Swedish), *Vanlig vinterkrasse* (Swedish), *Vinterkarse* (Norwegian), *Vinterkrasse* (Swedish), Water radish, *Winterkresse* (German), Wound cress, Wound rocket, Yellow bittercress, Yellow cress, Yellow rocket, and Yellow scurvy-grass.

It is pollinated by bees, moths, flies and beetles.

Vulgaris means 'common'.

Winter cress was dedicated to St. Barbara.

The bitter-tasting leaves tend to preclude its use as a salad plant. Nevertheless the young leaves do seem to have been used as a flavouring – and have been (and still are) added to salads or cooked as a vegetable, particularly across the Atlantic by the North American Cherokee Indian tribe.

For some of the North American tribes the leaves also offered medicine. Both the Shinnecock and Mohican tribes used them in infusion for treating coughs, and the Cherokees ate cooked leaves as a blood purifier.

Today in North America winter cress is viewed with considerable disfavour as the plant has

become invasive.
Medicinally, the leaves have a reputation among European herbalists in some regions for healing wounds.