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Lepidium campestre

[Synonyms : *Neolepia campestris*, *Thlaspi campestre*]

FIELD PEPPERWORT is an annual or biennial. Native to Europe it has very small, usually whitish flowers.

It is also known as Bastard cress, Churl's mustard, *Codywasg y Maes* (Welsh), Cowcress, Cream-anther field pepperwort, Crowd weed, English peppergrass, False flax, *Fältkrasse* (Swedish), *Fältkrassing* (Swedish), *Feld-Kresse* (German), Field cress, Field peppergrass, Field pepperweed, Glen pepper, Glen weed, Hen pepper, *Kenttäkrassi* (Finnish), *Kung Salomos ljusstake* (Swedish), Mithridate mustard, *Passerage des champs* (French), Pepper grass, Pepperwort, Poor man's pepper, *Řeřicha chlumní* (Czech), *Řeřicha ladní* (Czech), *Řeřicha polní* (Czech), Tonguegrass, Yellow-seed, and *Žerucha polná* (Slovak); and at the seedling stage as 'Mustard and cress'. (Today young seedlings of white mustard (*Sinapis alba*) can often be found on sale mis-labelled 'mustard and cress', 'cress' or 'green salad'.)

Warning – the oils in this plant can be poisonous for animals if it is consumed in quantity.

Campestre means 'of fields, meadows or open plains'.

According to records this European plant came to the attention of North American Cherokee Indians who boiled or fried the young plants as a vegetable.