

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Lepidium sativum

GARDEN CRESS is an annual. Native to western Asia and Egypt it has tiny fragrant, whitish-pink flowers.

It is also known as *Adiyalu* (Telugu), *Aliverai* (Tamil), *Berwr Gardd* (Welsh), *Chandrashura* (Sanskrit), Common cress, Common garden cress, *Crescione del giardino* (Italian), Cress, *Cresson* (French), *Cresson alénois* (French), Gardencress pepperweed, Garden pepperwort, *Gartenkresse* (German), Golden cress, *Halim* (Bengali, Hindi, Punjabi), *Haloon* (Urdu), *Kresse* (German), Land cress, *Lepidio* (Spanish), *Lepidio kultiva* (Esperanto), Peppercress, Peppergrass, Pepperwort, Poor man's pepper, *Rashād* (Arabic), *Řeřicha setá* (Czech), *Smörgåskrasse* (Swedish), Tongue grass, Town cress, Treacle mustard, Upland cress, and *Vihantakrassi* (Finnish); and in flower language is said to be a symbol of stability.

At the seedling stage it is generally known 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'.)

As the plant matures the flavour of its leaves increases. Garden cress contains a natural antibiotic.

Sativum means 'cultivated'.

Originating in the Middle East garden cress seeds have been found in ancient Egyptian remains.

Medicinally, the plant is used in India to treat asthma, coughs and piles, the root is employed in treatments for some venereal diseases, and the seeds have been an ingredient in poultices – and have also been used to treat diarrhoea and dysentery. It is not used medicinally in the West.