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# COURTYARD CRESS

“Land Cress”  
*Barbarea verna*



**DESCRIPTION:** Biennial Spicy, tangy salad herb. Delicious and healthy and can be used for sprouting as well. Great in sandwiches or as an addition to soups.

**HISTORY IN THE REGION:** Grown by ESD in Moruya for over 10 years.

**SOW:** All seasons in mild climates

**SPACING:** 35cm

**SIZE:** 30cm

**SEED COUNT:** 300ish