



# TECHNISEM

## «Brède MAFANE»

*Spilanthès acmella*

The «brèdes mafanes», also called cresson de Para, is a leafy vegetable. It is known for its taste and medicinal uses.



### PLANT

- Short stems (smaller than 50 cm)
- Grovelling

### LEAVES AND FLOWERS

- Yellow flowers
- Deep and smooth leaves
- Middle green leaves

### CONSUMPTION AND NUTRITION

- Cooked in local dishes
- Leaves and flowers eaten for their mustard taste

### CROP ADVICES

- Direct sowing
- Well ventilated and riched in organic soil
- Well adapted to the different climate

Technisem - ZAC Anjou Actiparc de Jumelles - 49160 Longué-Jumelles - France  
Tel : +33 2 41 38 39 39 - Fax : +33 2 41 67 47 32 - [www.technisem.com](http://www.technisem.com)

Les informations techniques figurant sur cette fiche sont fournies à titre indicatif, chaque condition de culture pouvant influencer les résultats finaux./Technical data supplied on this document are only indicative. Every growing condition may modify final results.

