

# Cardamine heleniae

## COMMON NAMES

bittercress

## BIOSTATUS

Native – Endemic taxon

## CURRENT CONSERVATION STATUS

2023 | Not Threatened

[Jump to previous conservation statuses](#)

## CATEGORY

Vascular

## STRUCTURAL CLASS

Herbs - Dicotyledons other than Composites

## SIMPLIFIED DESCRIPTION

Forming small rosettes on bare soil or in garden pots; strigose-hairy leaves. At first sight, it resembles a hairy form of *C. corymbosa*.

## FLOWER COLOURS

White

## SIMILAR TAXA

*Cardamine corymbosa*, but the leaves of *C. heleniae* are conspicuously hairy.

## DISTRIBUTION

Scattered records, mostly in disturbed sites. Its small size means it is probably under-recorded to date.

## HABITAT

Disturbed sites - garden pots, earth paths.

## GENUS

Cardamine

## FAMILY

Brassicaceae

## AUTHORITY

Cardamine heleniae Heenan

## ENDEMIC TAXON

Yes

## ENDEMIC GENUS

No

## ENDEMIC FAMILY

No

## LIFE CYCLE AND DISPERSAL

Prolific seeder and establishes freely; it has considerable weed potential.

## PROPAGATION TECHNIQUE

Seed

## ETYMOLOGY

**cardamine:** From the Greek name kárdamon, referring to an Indian spice



Fruiting plant self-established in garden pot, St John's Hill, Whanganui. Photographer: Colin C. Ogle, Date taken: 19/01/2018, Licence: CC BY-NC.



Self-established in garden, Durie Hill, Whanganui. Photographer: Colin C. Ogle, Date taken: 01/01/2017, Licence: CC BY-NC.

## NVS CODE

CARHEL

## PREVIOUS CONSERVATION STATUS

2017 | Data Deficient

[Jump to current conservation status](#)

## REGIONAL CONSERVATION STATUSES

Otago: 2025 | Regionally Not Threatened | Qualifiers: TL Help

The regional threat classification system leverages off the national assessments in the NZTCS, providing information relevant for the regional context. Otago conservation status information is sourced from the "[Conservation Status of Indigenous Vascular Plants in Otago, 2025](#)" Jarvie S et al. (2025) report.

## REFERENCES AND FURTHER READING

Heenan PB. 2017. A taxonomic revision of *Cardamine* L. (Brassicaceae) in New Zealand. *Phytotaxa* 330(1): 1–154. <https://doi.org/10.11646/phytotaxa.330.1>.

## MORE INFORMATION

<https://www.nzpcn.org.nz/flora/species/cardamine-heleniae/>

## PDF DATE

27 May 2026