PLANT FACT SHEET

Montia fontana L.

GENUS *Montia* **FAMILY** Montiaceae

COMMON NAMES Annual Water Minerslettuce, Dwarf montia

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The young leaves and stem are eaten raw in salads.

DESCRIPTION

A small leafy annual herb. The stems often lie along the ground. They can be 30 cm long. It forms roots at the nodes. The leaves are small and fleshy. They are opposite and without stalks. They are broadly sword shaped and can be 2 cm long by 1 cm wide. There are 1-8 flowers in agroup. The seeds are about 1 mm across.

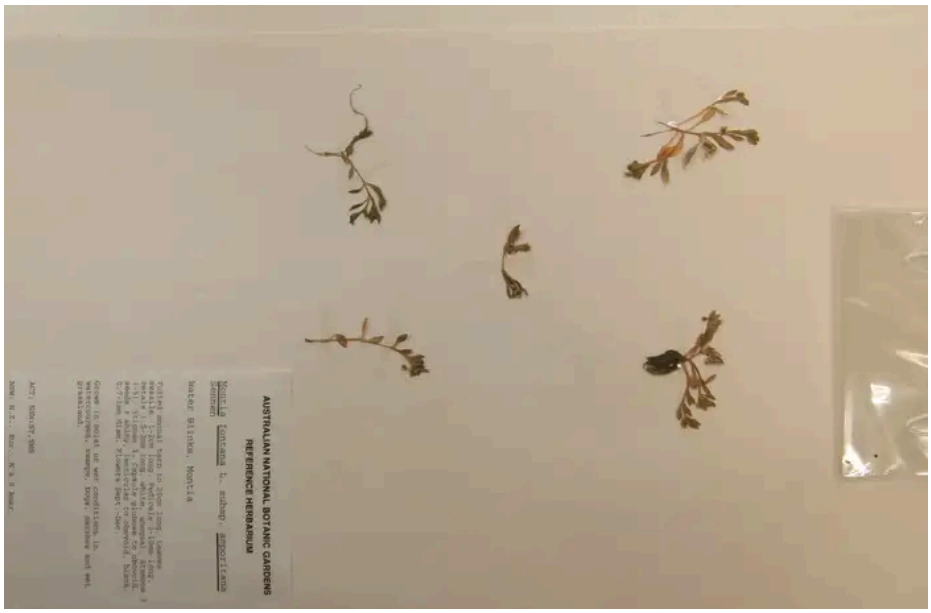
HABITAT

It is a Mediterranean plant. It grows in winter in southern Australia. It grows in wet locations. In North America it grows from sea level to 3,700 m above sea level. In Argentina it grows from sea level to 4,500 m above sea level. Tasmania Herbarium.

NOTES

Also put in the family Portulacaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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