PLANT FACT SHEET

Tetragonia decumbens Miller

GENUS *Tetragonia* **FAMILY** Aizoaceae

COMMON NAMES South African sea spinach, Dune spinach, Sea spinach

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and used as a substitute for spinach. Adding butter or Oxalis leaves improves the flavour.

DESCRIPTION

A trailing herb or shrub. It grows 10-30 cm high. It can spread 2 m wide. The leaves are dark green. They are broad and succulent. The flowers are yellow. The fruit have 4 wings.

HABITAT

It is a subtropical plant. It grows on coastal sand and sand dunes. It suits hot arid, sandy places. It is a subtropical plant. In Southern Africa it grows from near sea level to 700 m above sea level.

PRODUCTION

Cultivation

It can be grown from the winged fruit.

NOTES

There are about 50-60 Tetragonia species.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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