PLANT FACT SHEET

Sarcocornia fruticosa (L.) A. J. Scott

GENUS *Sarcocornia* **FAMILY** Amaranthaceae

COMMON NAMES Glasswort, Shrubby swampfire

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The plant is used in garlic porridge in Greece.
The young stems are boiled and dresses with olive oil. They are also pickled.

DESCRIPTION

A herb. The stems are erect. It grows 12-25 cm high. The fruiting spikes are 3-7 cm long.

HABITAT

It grows on salt marshes and gravelly ground.

NOTES

There are 7 Arthrocnemum species which grow in salty marshes.
Also put in the family Chenopodiaceae.

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Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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