



PLANT FACT SHEET

Aizoon canariense L.

GENUS *Aizoon* FAMILY Aizoaceae

COMMON NAMES Purslane-leaved aizoon, Zulu spinach

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten raw as salad. They are also cooked.

The seeds are used for porridge and other cereal based dishes. They are crushed or ground.

DESCRIPTION

A herb that lies along the ground. It can re-grow each year or continue to grow from year to year. The small branches are zig-zag. The leaves are hairy and taper to a short leaf stalk. The leaves are oval or spoon shaped and alternate. The edges of the leaves curl slightly upwards. The flowers are star shaped. They are in the axils of leaves and the forks of branches. The flowers are 3-8 mm across and do not have stalks.

HABITAT

It will grow in Mediterranean and tropical climates. Zululand. In Bahrain it grows in sandy or gravelly soils. It can grow in arid places. It is salt tolerant. It can grow in the desert.

NOTES

There are 12 genera and 170 species in the Aizoaceae. They are succulent plants often in coastal areas of the tropics.

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