PLANT FACT SHEET

Salicornia europaea L.

GENUS *Salicornia* **FAMILY** Amaranthaceae

COMMON NAMES Glasswort, Marsh Samphire, Saltwort, Sea samphire

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Seeds, Seeds - oil, Roots, Vegetable

The roots are pickled and also used raw.
The young stems can be eaten as a vegetable and taste like asparagus. They are used raw in salads, cooked as a potherb, pickled, added to soups or used as a garnish. For pickles the shoots are boiled in their own salty water then put into spiced oil or vinegar.
The protein rich seeds are eaten. They can be refined for a high quality edible oil.

DESCRIPTION

An annual herb. The stems let light through. It grows 50 cm tall. They are erect but can lie along the ground. The stems are green with a pink colour at flowering time. The leaves are opposite and like scales. The flowers are very small and in groups of three. They are green. They form a spike 10-50 mm long. The fruit are small and like seeds and 1-3 mm across. They are light brown.

HABITAT

It is a temperate plant. It grows in alkaline and salty soil, salt-lake shores, and beaches. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown by seeds.

NOTES

Also put in the family Chenopodiaceae.

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