



PLANT FACT SHEET

Tetragonia tetragonoides (Pallas) O. Kuntze

GENUS *Tetragonia* FAMILY Aizoaceae

COMMON NAMES New Zealand Spinach

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The fleshy leaves and tops are eaten. They can be eaten raw, steamed, boiled, stir-fried, creamed, served with mushrooms, or made into quiche. They are eaten in soup.

CAUTION They can contain oxalates and nitrates which can be poisonous.

DESCRIPTION

A perennial branched herb. It starts growing erect but after this lies over. It then grows along the ground. It grows to 12 cm high. The stems can spread out to 1 m along the ground. The leaves are small and thick on round fleshy stems. They are triangle shaped. They are 4-6 cm long. They have distinct veins underneath. The flowers are yellow and 8 mm across. They are hidden at the base of the leaves. The fruit is up to 1 cm long and with 4 or 5 horns on top.

HABITAT

A temperate plant. It will grow in hot dry climates. It is better suited to high altitude areas above 1000 m in tropical countries. It grows to 2700 m in Papua New Guinea. It grows on rocky or sandy ground often close to the seashore. It can grow in salty soils. It requires good drainage and full sun. It can grow in arid places. It suits hardiness zones 7-9. Tasmania Herbarium.

PRODUCTION

Cultivation

It is grown from seeds or cuttings. It is easy to save seed. Seed can be bought in stores. Seeds often grow better if soaked in water overnight. Seedlings are not easy to transplant so it is better to sow direct. Often 3-4 seeds are planted in a mound with the mounds 70 cm apart. Cuttings form roots quickly.

Harvesting and Seed Production

Plants grow rapidly. The tips of plants can be cut regularly.

NOTES

There are about 50-60 *Tetragonia* species.

PICTURES



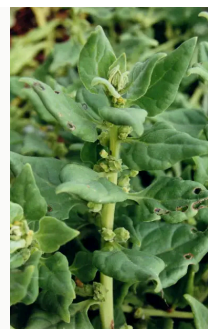
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