PLANT FACT SHEET

Honckenya peploides subsp. major (L.) Ehrh.

GENUS *Honckenya* **FAMILY** Caryophyllaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten fresh and raw.
They are also chopped and cooked to make deserts.
The leaves are eaten as a potherb and also used to make sauerkraut. They can be boiled and eaten with seal oil.

DESCRIPTION

The leaves are succulent.

HABITAT

It is a cold temperate plant. It grows on gravel and sandy soils along beaches.

PRODUCTION

Harvesting and Seed Production

Plants are collected before they flower.

REFERENCES

Ager, T. A. & Ager, L. P., 1980, Ethnobotany of the eskimos of Nelson Island, Alaska. Arctic Anthropology Vol 17. No. 1 pp 26-48

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 268

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2dee2fbc-ca25-446f-abbc-dc126d4535e9