PLANT FACT SHEET

Atriplex hortensis L.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Mountain spinach, Garden orache, Sea Purslane

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves can be eaten raw or cooked. They are used in salads and soups. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
Seeds are used in soups and muffins.
CAUTION: It contains some toxic substances so should not be eaten for long periods.

DESCRIPTION

An annual herb. It grows up to 2 m tall and spreads 40-50 cm wide. The leaves are triangular. They are greyish green. They can be red or yellow. They are 10-15 cm long and have small teeth along the edge. The flowers are in clusters at the ends of the plant. These can be 20 cm long. They are green or red but insignificant. The fruit are very small brown plate like seeds. There are several named cultivated varieties.

HABITAT

It is a temperate or Mediterranean plant. It is best in nitrogen rich soils. It can tolerate salty conditions. It suits hardiness zones 6-11. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings. In warm weather pinch out the flower heads to prevent the plant running to seed.

Harvesting and Seed Production

It is fast growing. Leaves are harvested after 30-35 days.

NOTES

There are about 100-300 Atriplex species. They have also been put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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