PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Alternanthera sissoo hort.

GENUS *Alternanthera* **FAMILY** Amaranthaceae

COMMON NAMES Sissoo, Samba lettuce

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves contain oxalates so should be boiled. If they still irritate the throat change the cooking water.

DESCRIPTION

A ground cover plant. It keeps growing from year to year. It grows 30 cm tall. The leaves are crinkly and the plant forms roots at the nodes. It can form a ground cover.

HABITAT

It is a tropical plant. It can grow in light shade. Brisbane Botanical Gardens. Cairns Botanical gardens.

PRODUCTION

Cultivation

Plants are grown from cuttings. It benefits from nitrogen.

NOTES

Named unsure - not in "The Plant List".

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/30048518-5b4d-49de-b4ac-3c5cbe144ec4