PLANT FACT SHEET

Spinacia tetranda Stev.

GENUS *Spinacia* **FAMILY** Amaranthaceae

COMMON NAMES Yazi ispanagi

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves re eaten as a vegetable.

DESCRIPTION

A herb. It grows each year from seed. It grows 30 cm tall. The leaves are simple and alternate. They vary in size from 2-30 cm long and 1-15 cm wide. The larger leaves are at the base. The flowers are small and yellow-green. The fruit is small, dry and hard and 5-10 mm wide. They contain several seeds.

HABITAT

It is a Mediterranean plant.

NOTES

Also put in the family Chenopodiaceae.

REFERENCES

Ertug, F., 2000, An Ethnobotanical Study in Central Anatolia (Turkey). Economic Botany Vol. 54. No. 2. pp. 155-182

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Gabrielian, E. & Zohary, D.: Wild relatives of food crops native to Armenia and Nakhichevan. – Fl. Medit. 14: 5-80. 2004. – ISSN 1120-4052.

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Zeven, A. C. & de West, J. M. J., 1982, Dictionary of cultivated plants and their regions of diversity. Wageningen. p 82

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/43f4454a-d02c-463b-8752-55acc3343f5d