PLANT FACT SHEET

Salicornia rubra A. Nelson

GENUS *Salicornia* **FAMILY** Amaranthaceae

COMMON NAMES Red glasswort

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are salty but can be eaten raw in small amounts.
They can also be cooked in soups, stews or as a vegetable.

DESCRIPTION

An annual herb. It is fleshy and erect. It grows 5-25 cm tall. The flowers are small but the central flowers in each cluster are longer than the side flowers.

HABITAT

It is a temperate plant. It grows in salt marshes.

NOTES

Also put in the family Chenopodiaceae.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database."
http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb.(ACEDB version 4.0 - data version July 1994)

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 310

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/468f4b4d-7cfe-4b99-b2d7-82d86ce388a6