PLANT FACT SHEET

Atriplex wrightii S. Watson

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Wright's saltbush

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves and shoots are cooked and eaten.
The seeds are parched and made into a meal.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant. It can grow in arid places.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 104

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/473ea42d-d306-49e7-8e68-9b6bf8a1959e