PLANT FACT SHEET

Chenopodium glaucum L.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Oakleaf goosefoot, Glaucous goosefoot, Pale goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable, Seeds - oil

The leaves can be eaten in small amounts.
The seeds can be eaten after being soaked overnight to remove saponins.

DESCRIPTION

An annual herb. It can be 20-40 cm tall but branches can be 80 cm long. The leaves are fleshy and 5-40 mm long. There are teeth along the edge. The upper surface is smooth and dark green. The lower surface is white with dense hairs. The flowers are small and pale green. They form dense clusters in the axils of leaves.

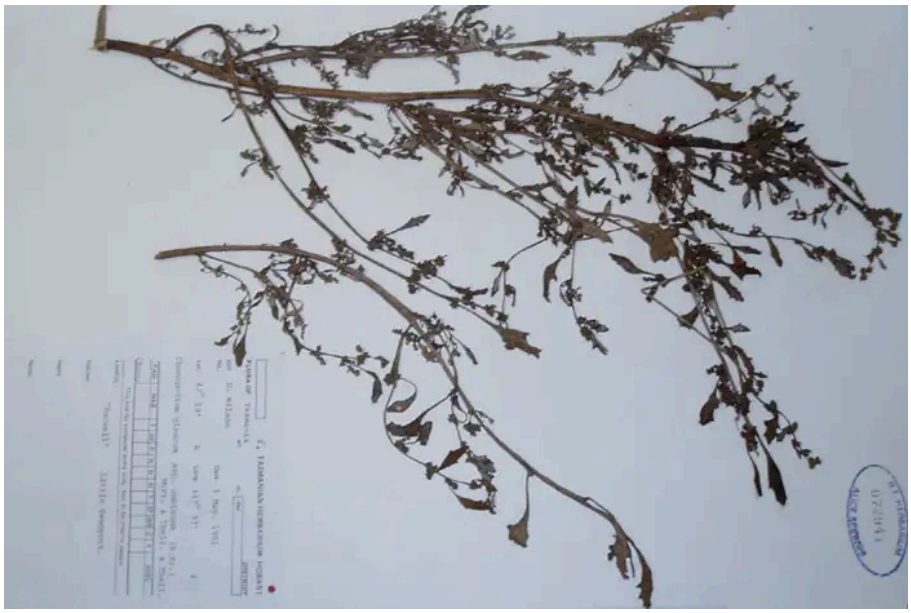
HABITAT

It is a temperate plant. It grows near the high water mark especially on cobble shores. It often grows on slightly salty or alkaline soils. Tasmania Herbarium.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.
Also put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4fbaf1f6-49c7-4a72-a6be-dc6cf88a4ebd