PLANT FACT SHEET

Atriplex halimus L.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES "Mallow", Mediterranean Saltbush, Tree purslane

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Manna

The young leaves can be used raw in salads or cooked. They have a salty flavour.
The seeds can be cooked and used in soups and bread.
The plant yields an edible manna.

DESCRIPTION

It is a shrub growing to 2 m high. It has several stems. The leaves are alternate and have leaf stalks. The leaves are silver green. The blade is 3 cm long. It narrows at the base. The flowers are greenish white. They are in irregular spikes.

HABITAT

It is a subtropical plant. It grows on sandy soils by the sea. It can grow in salty soils. It needs a well drained soil. It does best in full sun but can grow in part shade. It can grow in salty or alkaline soils. It can tolerate wind. It does all right down to -5°C. Plants are damaged by frosts but recover. It grows in areas with an annual rainfall between 150-600 m altitude. Large plants are not easily transplanted. It grows between 910-1,220 m above sea level. It can grow in arid places and deserts. It grows in the Sahara. It suits hardiness zones 8-10.

PRODUCTION

Cultivation

Plants are grown from seed. They germinate in 1-3 weeks. Cuttings can be used and start to root in about 3 weeks.

NOTES

There are about 100-300 Atriplex species. See Job 30:4 They have also been put in the family Chenopodiaceae. The leaves are rich in iron.

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PROVIDED BY **Food Plants International**

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

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