PLANT FACT SHEET

Crithmum maritimum L.

GENUS *Crithmum* **FAMILY** Apiaceae

COMMON NAMES Samphire, Rock Samphire, Sea fennel

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Stems, Seeds, Spice

The salty leaves can be eaten raw in salad. They can also be cooked. They are also pickled in vinegar.
The flowers are eaten in salads.
The leaves are washed and cut into small pieces and mixed with olive oil and lemon juice to make a salad dressing.

DESCRIPTION

A perennial herb. It grows 15-45 cm high and wide. It is greyish and without hairs. It is branched. It has divided leaves. The lobes are narrow and fleshy and do not have teeth. The base sheaths the stem. The flowers are yellow. They occur in umbels 30-60 mm across. There are 8-36 rays. The fruit is oblong and 5-6 mm long. It is yellowish. It has thick ridges.

HABITAT

It is a Mediterranean climate plant. It grows in sea cliffs in Britain. It occurs on coastal rocks and can be on sand or shingle. It needs well-drained to dry soil in the sun. It needs a warm sheltered position. It can grow in salty soils. It can grow in arid places. Melbourne Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from ripe seed. Plants can also be grown by division. Seed only remian viable for a short time.

NOTES

There is only one Crithmum species. It is high in Vitamin C.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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

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