PLANT FACT SHEET

Atriplex confertifolia (Torr. & Frém.) S. Watson.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Shade-scale, Spiny saltbush

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The seeds are ground into a meal that is used for bread or porridge.
The water in which the leaves are boiled is used for corn pudding.

DESCRIPTION

A shrub. It grows 30-90 cm tall. It is spiny and has rigid branches. The seeds are in yellow clusters.

HABITAT

It is a temperate plant. It grows in sandy well-drained soil.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings.

NOTES

There are about 100-300 Atriplex species. They have also been put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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