PLANT FACT SHEET

Trianthema portulacastrum L.

GENUS *Trianthema* **FAMILY** Aizoaceae

COMMON NAMES Horse purslane, Giant pigweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The branches and young leaves are cooked and eaten as a vegetable. They are used as a potherb.
The leaves are boiled in water then mixed with salt and chilli.
CAUTION: It should probably not be eaten in large amounts. Older leaves have caused paralysis.
CAUTION: It may be poisonous unless properly cooked.

DESCRIPTION

A low lying smooth branched and fleshy herb. It grows each year from seed. The stems are angular. The branches are up to 60 cm long. The leaves are opposite each other and rounded at the tip but wedge shaped at the base. They are 1 to 5 cm long. The flowers are pink and the seed capsule contains about 10 small seeds.

HABITAT

A tropical plant. It grows in tropical sea coasts. It commonly occurs as a weed in the Philippines where land has recently been cleared or dug. It grows in open sunny dry sands; usually near sea or as weeds in fields. It is a tropical plant. Seeds germinate between 20°C to 45°C. In Nepal it grows up to 300 m altitude. It grows in moist unused areas. It grows well in soils with humus. Rajasthan. On Magnetic Island.

PRODUCTION

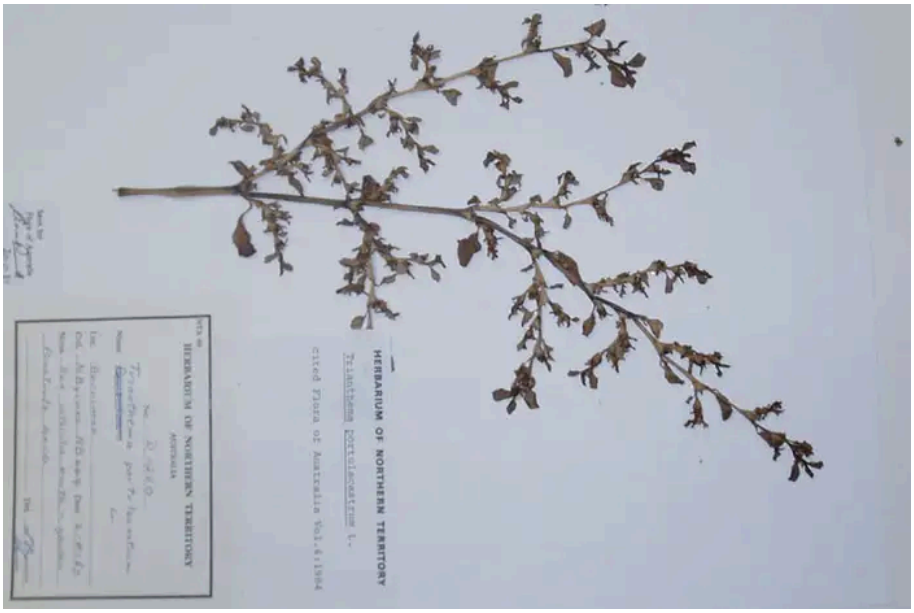
Cultivation

Plants are grown from seeds. They are sown 1 cm deep. It can also be grown by cuttings.

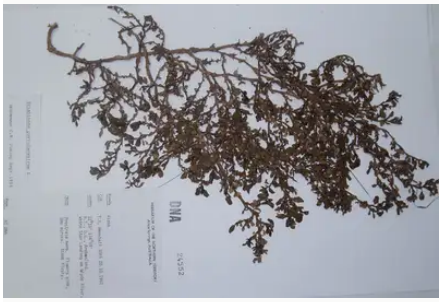
NOTES

It is also put in the family Molluginaceae.
It can become a troublesome weed.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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