PLANT FACT SHEET

Atriplex glabriuscula Edmondston

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Orach, Northern saltbush, Scotland orache

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves can be eaten as a vegetable.
The seeds can be ground into a flour and used as a thickener or mixed with wheat flour for bread.

DESCRIPTION

A herb. It lies along the ground. It can grow 20-100 cm high. The branches are opposite. The stems are green and striped. The leaves are 1-10 cm long by 1-8 cm wide. The seeds can be black or brown. They are 3-4 mm wide.

HABITAT

It is a temperate plant. It grows in salty and brackish marshes. It can grow in coastal regions. It is best in sunny locations.

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.

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 47

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

www.ediblewildfood.com

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/669e8765-e6e6-4036-8fa4-3c9a4eded92a