PLANT FACT SHEET

Chenopodiastrum murale (L.) S. Fuentes, Uotila & Borch

GENUS *Chenopodiastrum* **FAMILY** Amaranthaceae

COMMON NAMES Nettleleaf Goosefoot, Rounded-leaf fat hen

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable, Flavouring

CAUTION: This plant can accumulate nitrates which are poisonous. This gets worse in high nitrogen soils.
The tender leaves have been eaten cooked as a vegetable. They are also used as a sauce.
The seeds are parched and ground and made into porridge or popped like popcorn.

DESCRIPTION

An annual plant. It grows to 20-100 cm high and spreads to 1 m across. The stem is erect and branching. The stems are green. The leaves are green and shaped like a diamond. They are 8 cm long and have saw like teeth along the edges. The leaves have pale, mealy scales. The flowers are small. They occur in clusters at the top of the plant. The ripe seeds are black.

HABITAT

It grows in temperate and tropical places. It grows in most well drained soils in an open sunny position. It is drought and frost tender. In Papua New Guinea it occurs in the Eastern highlands. In Nepal it grows to about 1200 m altitude. In Bahrain it grows in sandy or gravelly soils. It can grow in salty soils. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.
Also put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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