PLANT FACT SHEET

Atriplex arenaria Nutt.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Crested saltbush, Beach orach

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves can be eaten raw in salads or cooked in soups or stews.
The seeds have been ground and eaten as flour.

DESCRIPTION

An annual herb. It grows 2-6 m high. The plant is bushy and stems can curve upwards or hang down. They are angular and slender. The leaves are oblong and arrow shaped. They are rounded at the base. They are light green in colour. The flowers are creamy-yellow and are in clusters in the axils of leaves. The fruit or seeds are small and grey green.

HABITAT

It is a temperate plant. It grows on sandy beaches.

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)

REFERENCES

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

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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/6f0d61d3-6b3a-4ccb-b9c0-e2c3e786775e