PLANT FACT SHEET

Atriplex prostrata subsp. calotheca (Rafn.) M. A. Gust.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Hastate orache, Spear orache, Triangle orache

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves are cooked and used as a vegetable.
The seeds can be ground into flour.

DESCRIPTION

A stout annual herb. It can be 1 m high. It can be branched from the base or erect. The branches are strongly ribbed and often red. The leaves are green and triangle shaped.

HABITAT

It is a temperate plant. It usually grows near the sea.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings.

NOTES

They have also been put in the family Chenopodiaceae.

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