PLANT FACT SHEET

Claytonia perfoliata Donn. ex Willd.

GENUS *Claytonia* **FAMILY** Montiaceae

COMMON NAMES Spring beauty, Cuban spinach, Miner's lettuce, Petota

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Flowers, Roots, Vegetable

Young leaves, stems and flowers are edible raw. Older leaves are cooked.
Roots are also edible cooked.
Caution: It can at times have high levels of oxalates.

DESCRIPTION

A small herb. It grows each year from seed. It can grow 50 cm tall. It has a single stem and can be erect. The leaves are simple and in rings. They are broadly sword shaped. They can be up to 4 cm long. They have a long leaf stalk. The flowers are white or pink and have 5 parts. The flowers are in groups of 5-40.

HABITAT

It is a temperate plant. It is a temperate plant. It suits cool, damp conditions. It is best in a sunny position and dry soil. It suits a pH between 6 and 7. It needs a frost free period of 6 weeks. In Argentina it grows between 500-1,000 m above sea level. It can tolerate cold weather. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

It is grown from seed.

Harvesting and Seed Production

It is fast growing and short lived.

NOTES

Also put in the family Portulacaceae.

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