PLANT FACT SHEET

Claytonia sibirica L.

GENUS *Claytonia* **FAMILY** Montiaceae

COMMON NAMES Pink purslane, Siberian miner's lettuce, Siberian Springbeauty

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves are eaten raw or cooked. They are slightly bitter so are best mixed with other leaves.
The young leaves are mixed into salads and eaten raw.
They can also be cooked briefly and eaten as a green vegetable.

DESCRIPTION

An annual herb with glossy leaves. It can keep growing from year to year. It grows 20 cm tall. It grows each year from seed. It can have a few or several stems. There are a single pair of opposite leaves on these. The leaves are broadly oval. It is a spreading plant. The leaves are oval and dark green. They form a ring at the base in young plants. The leaves at the base have long stalks. At the top there is a cluster of flowers. The flowers are pink. They have 5 notched white or red petals. The flowers are 1 cm across.

HABITAT

It is a cool temperate climate plant. It grows well in cool and shady places. It grows in sandy and acid soils. It grows along the coastal shores and on moist open hillsides. It suits hardiness zone 4.

NOTES

It is also put in the family Portulacaceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Montia asarifolia)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 187 (As Montia sibirica)

Heller, C. A., 1962, Wild Edible and Poisonous Plants of Alaska. Univ. of Alaska Extension Service. p 9

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 69 (As Montia sibirica)

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 259

Jackes, D. A., Edible Forest Gardens (As Montia sibirica)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 241

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 205

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

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 125 (As Montia sibirica)

USDA Plants Database

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/732a1d0c-8a8a-42e6-a467-dfe9dfffe370