PLANT FACT SHEET

Atriplex dioica Raf.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Orache, Saline saltbush

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Ashes

The leaves are cooked and eaten. They are also used for tea.
The seeds are eaten raw.
The ashes are used for leavening.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

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 104 (As Atriplex subspicata)

Kermath, B. M., et al, 2018, 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. p 133

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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/7b253f74-2e2e-4824-81ae-cf6c203cb222