PLANT FACT SHEET

# *Atriplex canescens* (Pursh.) Nutt.

**GENUS** *Atriplex* **FAMILY** Amaranthaceae

**COMMON NAMES** Four-winged Saltbush

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Seeds

The leaves taste salty.
The new shoots and leaves are eaten as greens.
The seeds are ground and used as meal. This can be mixed with other seeds and used as flour or used to make a drink.
The plant is also burnt to produce mineral-rich ashes used to colour corn products.

## DESCRIPTION

A shrub. It grows 1.5 m high and spreads 1.5 m wide. There is a dense mass of stems. The leaves are narrow and have blunt tips. They have a mealy white appearance. The flowers are small and yellow. The fruit are papery and have 4 wings. They are crowded into short spikes.

## HABITAT

It grows in warm temperate places. It grows in areas with a rainfall between 100-518 mm per year. It can tolerate frost. It can grow in salty and alkaline soils. It can grow in arid places. It suits hardiness zones 7-10.

## 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)



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/8213d20a-b137-436e-a43e-d91ed772e7b3