PLANT FACT SHEET

Hablitzia tamnoides M. Bieb

GENUS *Hablitzia* **FAMILY** Amaranthaceae

COMMON NAMES Caucasian spinach

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The shoots are steamed and eaten.
The leaves can be eaten raw or cooked.
The tips of the vines and the young flowers can be eaten.

DESCRIPTION

A herb or creeping vine. It keeps growing from year to year. It grows 3 m tall. The leaves are heart shaped. They taper to a narrow point. They can have soft silk hairs. The flowers are small and lighter green. They have little five-pointed stars.

HABITAT

It is a temperate or Mediterranean climate plant. It needs well-drained soil. It is best in light shade.

PRODUCTION

Cultivation

It can be grown by dividing the clump or by layering. It can be grown from seeds. The seeds need an extended cold treatment.

NOTES

Also put in the family Chenopodiaceae.
There is only one Hablitzia.

REFERENCES

Crawford, M., 2012, How to grow Perennial Vegetables. Green Books. p 84

GRIN

Permaculture Magazine 52:46

Wikipedia

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8485ea56-abb3-44b7-a94f-3923d3148e7f