PLANT FACT SHEET

Salsola soda L.

GENUS *Salsola* **FAMILY** Amaranthaceae

COMMON NAMES Barilla plant, Opposite-leaf Russian-thistle

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The succulent tender young shoots are boiled or steamed and served with olive oil and lemon juice.

DESCRIPTION

An annual herb. It grows 20-70 cm tall. It has a short taproot. The leaves are pointed but without a spiny tip. They are succulent and almost half round. They are 2-7 cm long by 2 mm wide. The flowers are small and without stalks. They are in the axils of leaves.

HABITAT

It is a Mediterranean climate plant. It grows in saline lake sides, meadows with salt-containing soils. In grows on sandy seashores. It has been used to restore salty marshes. In Argentina it grows below 500 m above sea level.

NOTES

It has been used for the production of sodium carbonate.
Also put in the family Chenopodiaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8543882b-e67d-45e5-b9c8-7fa5d3376a6f