PLANT FACT SHEET

Soda inermis Fourr.

GENUS *Soda* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are boiled and dressed with vinegar and olive oil.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

NOTES

The name is ambiguous.

REFERENCES

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

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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/88f7beca-a4b2-4a11-9495-17d6706199cf