PLANT FACT SHEET

Batis maritima L.

GENUS *Batis* **FAMILY** Bataceae

COMMON NAMES Jamaica samphire, Saltwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots

The plant can be cooked and is also used as a pickle.
The salty leaves can be eaten in salads.
The roots are chewed and sucked for their sweet juice. It can also be used for a drink or to sweeten coffee.

DESCRIPTION

A small shrub. It is slightly woody at the base. The stems are trailing. It forms roots at the nodes. The leaves are simple, narrow and opposite. They are fleshy. Male and female flowers are on separate plants. The flowers are small and in cone like groups in the axils of leaves.

HABITAT

A tropical plant. It grows along the Pacific and Atlantic coasts of tropical America. It prefers saline conditions. It forms large communities in brackish water. It can grow in salty conditions.

NOTES

There are 2 Batis species. There is only one Bataceae genus.

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