PLANT FACT SHEET

Enchylaena tomentosa R. Br.

GENUS *Enchylaena* **FAMILY** Amaranthaceae

COMMON NAMES Barrier Saltbush, Berry Saltbush, Ruby Saltbush

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves

The young leaves can be cooked and used as a vegetable. They contain oxalates.
The fruit are sweet and edible. They can also be dried and then soaked and eaten.

DESCRIPTION

A small spreading shrub. It grows 0.3-1 m tall and spreads 0.5-1.5 m wide. The branches are slender and woody. They are hairy and straggling. The leaves are 0.8-2 cm long by 0.1-0.2 cm wide. They are thin and cylindrical. They are succulent and bluish-green. They are hairy. The flowers are small and occur singly in the axils of leaves. The fruit berries are 0.5 cm across. They change colour as they mature. Some varieties occur.

HABITAT

A tropical to warm temperate plant. It grows in semi-desert and arid regions. It is on sandy or calcareous soils. They can grow on slightly salty coastal soils. It is drought and frost tolerant. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are a few Enchylaena species. Also put in the family Chenopodiaceae.
Fruit are rich in Vitamin C.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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Full reference list (1 more) at https://www.echocommunity.org/en/resources/896475eb-fd24-437f-9c08-a27c2680a1d5

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