PLANT FACT SHEET

Suaeda calceoliformis (Hook.) Moq.

GENUS *Suaeda* **FAMILY** Amaranthaceae

COMMON NAMES American sea-blite, Horned sea-blite, Pursh seepweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The seeds are parched and ground and eaten as a meal.
The leaves have a salty flavour and are eaten raw or cooked.

DESCRIPTION

A herb. It can be erect or lie over. It grows 10-80 cm tall. The leaves are green and widest at the base.

HABITAT

It is a temperate plant. It can grow in alkaline or salty soils near the coast.

NOTES

There is some confusion over whether this name is for a plant in Eurasia or America.
Also put in the family Chenopodiaceae.

REFERENCES

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PROVIDED BY **Food Plants International**

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/8d37a907-bc44-4bf6-b005-42795ac4cf46