PLANT FACT SHEET

Sarcocornia natalensis (Bunge ex Ung.-Sternb.) A. J. Scott

GENUS *Sarcocornia* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a snack.

DESCRIPTION

A herb that keeps growing from year to year. It lies along the ground and is 5-30 cm tall and 20-80 cm wide. There are 3 flowers in a cluster. The seeds are brown.

HABITAT

It is a tropical plant. It can grow in coastal and salty locations.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 12

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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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/8f5edbd8-02f0-4db4-89b2-e9bb19dbdee1