PLANT FACT SHEET

Salicornia emerici Duval-Jouve

GENUS *Salicornia* **FAMILY** Amaranthaceae

COMMON NAMES Glasswort

EDIBLE PARTS AND USES

Edible parts: Stems

The young stems are boiled and dresses with olive oil, vinegar and lemon.
They are also pickled. They are also eaten raw.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanico

Borelli, T., et al, 2022, Assessment of the Nutritional Value of Selected Wild Food Plants in Türkiye and Their Promotion for Improved Nutrition. Sustainability 2022,14,11015.rum Poloniae 84 (3): 327-338

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a18b0f13-db01-4f6b-8b49-33f909253952