PLANT FACT SHEET

Suaeda vera Forssk. ex J. F. Gmelin

GENUS *Suaeda* **FAMILY** Amaranthaceae

COMMON NAMES Shrubby seablight

EDIBLE PARTS AND USES

Edible parts: Stems

DESCRIPTION

A small shrub.

HABITAT

It is a temperate to Mediterranean climate plant. It can grow in arid and salty areas.

NOTES

It was also in the Chenopodiaceae.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 17

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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/a1dac79f-e127-4cc1-b4b5-cc4919789055