PLANT FACT SHEET

Lysimachia maritima (L.) Galasso, Banfi & Soldano

GENUS *Lysimachia* **FAMILY** Primulaceae

COMMON NAMES Black saltwort, Sea Milkwort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The fleshy rhizomes are dug up before they have sprouted (having been marked previously) then washed and cooked by boiling for a long time. They should only be eaten in small amounts.
Young shoots are eaten in salads.

DESCRIPTION

A low fleshy herb. It lies along the ground. It keeps growing from year to year and roots at some of the nodes. The leaves are narrowly oval and mostly opposite. The leaves do not have stalks and do not have teeth. The flowers are pale pink, purplish or white. They are 3-6 mm across. They do not have petals. They occur singly at the base of the leaves. The fruit is a 5 valved capsule.

HABITAT

It is a temperate plant. It also grows in Arctic regions. It grows in rock crevices, salt marshes and sandy places near the sea. It also grows along rivers. It grows in wetlands. It grows between 2,000-4,600 m altitude in Pakistan. In Sichuan.

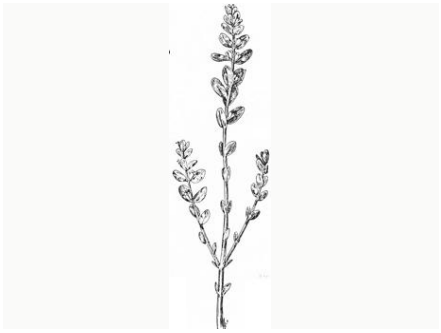
NOTES

There is only one Glaux species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 167 (As Glaux maritima)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 504

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 237 (ssp. obtusifolia)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 248 (As Glaux maritima)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Glaux maritima)

Turner, N., 1995, Food Plants of Coastal First Peoples. Royal BC Museum Handbook p 109 (ssp. obtusifolia)

Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. Conspectus of the vascular plants of Mongolia. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. "Admon" Press. 334pp. (p. 79-90).

Wujisguleng, W., & Khasbagen. K., 2010, An integrated assessment of wild vegetable resources in Inner Mongolian Autonomous Region, China. Journal of Ethnobiology and Ethnomedicine 6:34 (As Glaux maritima)

Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. Journal of Ethnobiology and Ethnomedicine. 10:72 (As Glaux maritima)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a1dafd99-7c20-40df-9a38-fa428a8937b7