PLANT FACT SHEET

Salicornia pachystachya Bung ex Ung.-Sternv.

GENUS *Salicornia* **FAMILY** Amaranthaceae

COMMON NAMES Glasswort, Samphire

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young shoots are eaten fresh in salads. They are also cooked and can be pickled in vinegar.

DESCRIPTION

An erect herb. It grows each year from seeds. It grows 40 cm tall. The stem has several branches. It is almost leafless. It has a series of cup shaped segments along the branches. The fertile segments have spikes at the end. These are 1-2.5 cm long. The flowers are in clusters of 3. The fruit is a nut. The seeds are oval and 1.5 mm long.

HABITAT

It is a tropical plant. It grows in salt marshes and mangrove swamps at sea level.

NOTES

This may be changed to the family Brassicaceae.
There are 30-40 Salicornia species.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 452

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 182 (As Arthrocnemum pachystachyum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/aba737b7-43b2-43c0-980c-3855c3a2052d