PLANT FACT SHEET

Talinum portulacifolium (Forssk.) Asch. ex Schweinf.

GENUS *Talinum* **FAMILY** Talinaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Seeds

The whole plant is cut and boiled and used as a vegetable. It is also eaten raw in salads. The leaves can be dried for later use.
The seeds are ground into flour and mixed with other cereals.

DESCRIPTION

A stout herb. It keeps growing from year to year. It can be softly woody. The stems are grey and sprawling. The root is thickened. The flowering stems are succulent. It grows 1 m high or 2 m long if lying over. The leaves are slightly fleshy. They are broadly oval and 2-8 cm long by 1-3 cm wide. The flowers are in groups at the top of the plant. They are along a 30 cm logn stalk. Flowers have both sexes. The fruit is a round capsule. It has 3 valves.

HABITAT

It is a tropical plant. It grows between 300-1,850 m above sea level. It grows in dry soils often over limestone material. It can grow in arid places. It grows in the lowlands.

PRODUCTION

Cultivation

It can be grown by seeds or cuttings.

Harvesting and Seed Production

Leaves are collected during the rainy season.

NOTES

There are about 50 Talinum species. They grow in warm places.
Also put in the family Portulacaceae.

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