PLANT FACT SHEET

Beta vulgaris subsp. maritima (L.) Arcang.

GENUS *Beta* **FAMILY** Amaranthaceae

COMMON NAMES Sea beet

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The leaves are boiled and used in vegetable soups and stews.
The young tender leaves are used in salads.
The root is used in soup.
It is also dried and crushed and sifted and the flour mixed with barley or wheat flour.

DESCRIPTION

A low, fleshy herb. It can grow each year from seed or last a few years. The stems are often sprawling and reddish. The leaves are oval or sword shaped. They can have a heart shaped base and are leathery and do not have teeth. The flowers are small and green to purple. They are in leafy clusters on long spikes. The fruit become corky and fuse together.

HABITAT

It is a temperate plant. It grows in rocky coastal sites. It is often on cliffs and salt marshes. Tasmania Herbarium. It suits hardiness zone 7.

NOTES

Probably all Beta are one species and 2 main forms - Cicla - for leaves, and Contiva - for roots.
Also put in the family Chenopodiaceae.

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