PLANT FACT SHEET

**Use with caution**

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

# *Calystegia soldanella* (L.) R.Br.

**GENUS** *Calystegia* **FAMILY** Convolvulaceae

**COMMON NAMES** Sea bindweed

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The tender stalks are pickled.
The young shoots are pickled and eaten as a substitute for samphire.

## DESCRIPTION

It is a creeping or twining plant. The stems can be 1.5-2.5 m long and lie along the ground. The stems are often buried in sand and tufts of leaves are above the ground. The leaves are bright green and 2 cm long by 3 cm wide. They are heart or kidney shaped. The flowers are pale pink and produced in the axils of leaves. They are "morning glory" type flowers, like sweet potato. They are funnel shaped. The flowers open one after another along the stem. The flowers are 3-5 cm long and 1.5 cm across. Flowers last only one day. The fruit are round and 1.5 cm long. The seeds are dark brown and smooth.

## HABITAT

It grows in temperate locations. It grows on coastal sand dunes. It grows in temperate places but can also grow in tropical places. It needs well drained soil. It can grow in dry soil and in full sunlight. It cannot stand frost. Tasmania Herbarium.

## PRODUCTION

### Cultivation

Plants can be grown from seed or cuttings.

## NOTES

It is useful for binding sand dunes. There are 25 Calystegia species.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/ba45b77e-2376-4899-86b7-764d35d5ad81