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.

Zaleya pentandra (L.) Jeffrey

GENUS *Zaleya* **FAMILY** Aizoaceae

COMMON NAMES African purslane, Horse purslane

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

Caution: It is considered as poisonous in some places causing diarrhoea.
The leaves are eaten as a vegetable in some places. They may need to be carefully cooked.

DESCRIPTION

A herb that keeps growing from year to year. It lies along the ground. The leaves are 2-4 cm long and 1-2 cm wide. The flowers are in the axils of leaves. They can occur singly or in groups of 2-5. They do not have flower stalks. The fruit is a capsule with a lid. It is 2-5 mm long. There are 4 seeds. The seeds are black and 1.5 mm long.

HABITAT

A tropical plant. It is rare in Swaziland. It is a desert plant. It grows quickly after rains. In Pakistan it grows up to 1,600 m altitude. It can grow in arid places. It does best on gravelly soil.

NOTES

It can be a problem weed.

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