PLANT FACT SHEET

Honckenya peploides (L.) Ehrh.

GENUS *Honckenya* **FAMILY** Caryophyllaceae

COMMON NAMES Sea sandwort, Ovate Sandwort, Sea chickweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The plant is fermented in sour whey and used like sauerkraut.
The plant can be boiled or pickled. It can be eaten raw as a salad or boiled and used as a potherb. It has a taste like borage.
The leaves are boiled many times then stored in wooden barrels for winter.
Seeds can be used in baking.

DESCRIPTION

A herb that lies along the ground. It keeps growing from year to year. It is 10-15 cm tall. It forms large mats. The leaves are succulent and pointed. They occur one after another (alternate) along the stem. They are 1-4 cm long by 3-20 mm wide. The flowers have a strong honey scent. The flowers are star shaped with 5 white petals. They are in the axils of leaves near the tip of the stems. The fruit is a fleshy capsule. It is round and green and turns yellowish-brown when ripe.

HABITAT

It is a cold temperate plant. It grows at the top of beaches on stable sand. It grows along Arctic coasts.

PICTURES



Credit: Food Plants International (Bruce French)

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www.wildediblefood.com

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