PLANT FACT SHEET

Atriplex patula L.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Common Orache, Spreading orach

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The young leaves can be eaten raw in salads or cooked and eaten as a vegetable. They are used in soups. The seeds can be ground and cooked and eaten.

DESCRIPTION

An annual herb. It grows 30 cm to 1.5 m tall. The leaves are alternate. The leaves are sword shaped and 3-14 cm long. The lower leaves can be more broad with a wedge shaped base that tapers into a short leaf stalk. The upper leaves do not have a leaf stalk. The seeds are 1.2-1.5 mm across.

HABITAT

It is a temperate plant. In Argentina it grows between sea level and 500 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seed or cuttings.

NOTES

There are about 100-300 Atriplex species. They have also been put in the family Chenopodiaceae.

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