PLANT FACT SHEET

Trianthema triquetra Willd. ex Rottl.

GENUS *Trianthema* **FAMILY** Aizoaceae

COMMON NAMES Red spinach

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds can be eaten raw and also used for flavouring porridge.

DESCRIPTION

An annual herb. It lies along the ground or can curve up at the tips. It grows 2-20 cm high. The roots are often long and slender. The leaves are up to 1.2 cm long and 2-3 mm wide. The flowers occur singly. The flowers are pink, purple, white or green. The fruit is a capsule with a lid. It is 2 mm long. There is one seed. The seed is black and 1.1 mm across.

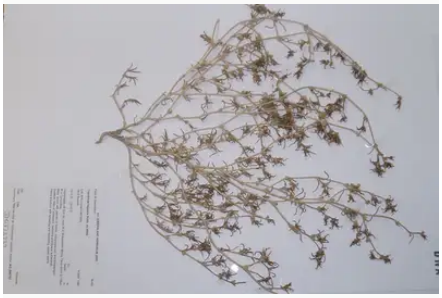
HABITAT

A tropical and subtropical plant. It grows on dry sandy soils. It can tolerate some salt. It can grow in arid regions. It grows in areas with a rainfall of 270-915 mm per year. It can grow in arid places.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/df9d8585-7580-4d78-b992-20a28c624bf7