PLANT FACT SHEET

Halosarcia indica (Willd.) Paul G. Wilson

GENUS *Halosarcia* **FAMILY** Amaranthaceae

COMMON NAMES Brown-headed glasswort, Marsh Samphire

EDIBLE PARTS AND USES

Edible parts: Branches, Leaves, Vegetable

The outer corky layer is removed then the branches are eaten as a cooked vegetable. The plant is sour and eaten raw or cooked. They are also pickled.
The young branches in vinegar are used as a vegetable.
The leaves and shoots are eaten as greens as a pot herb. They are also pickled.
The ash can be used as a salt substitute.

DESCRIPTION

A soft succulent herb. It grows about 40 cm high. It keeps growing from year to year. It grows near the waters edge. It spreads 1-1.5 m wide. The branches lie along the ground and the young branches are slender. It forms loose open mats. The stems have joints. The leaves are reduced to scales. The segments are 1 cm long by 0.6 cm wide and barrel shaped. They are grey or red. The spikes are 2 cm long. The flowers are mainly female. The flowers are in clusters of 3. The fruit are spongy with a horny outer surface.

HABITAT

A tropical plant. It can grow in salty soil. It grows in seasonally waterlogged places. It grows on tidal mud flats. It grows on tropical coasts. It can grow in dry areas. It grows in areas with a rainfall between 100-600 mm per year. It can grow on the land ward side of mangroves that are occasionally flooded. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are 25 Halosarcia species. Most are in Australia.
Also put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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