PLANT FACT SHEET

Atriplex littoralis L.

GENUS *Atriplex* **FAMILY** Amaranthaceae

COMMON NAMES Grassleaf orache

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Seeds, Flowers

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Girard, N. J., 2020, Sustainable Foraging of Wild Edible Plants in Norway. A Bioculutral Approach. M. Sc. thesis Norwegian University. p 127

http://nordicfood lab/org/blog/2102/9/wild-edible-plants-an-overview

Luczaj, L. et al, 2012, Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles. Acta Soc Bot Pol 81(4):359–370

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e652b554-be07-44d2-9e0d-44ccb509b541