PLANT FACT SHEET

Salsola kali L.

GENUS *Salsola* **FAMILY** Amaranthaceae

COMMON NAMES Russian thistle, Saltwort, Tumbleweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

CAUTION The leaves contain high amounts of oxalate.
The young tender leaves are boiled and eaten in salads or used like spinach. They are used in soups.
The roasted seeds are used as food.

DESCRIPTION

A rigid annual shrub. It is a succulent plant when young but becomes stiff and spiny. It grows 50 cm high. The leaves are small and fleshy. They are circular when cut cross wise and end in a point. They are 5-12 mm long by 2-3 mm wide. The flowers are very small and green. They are hidden in the axils of the leaves.

HABITAT

It is a temperate plant. It grows in salt marshes and on beaches. It grows on red limestone soils. It can be grown for reducing soil salinity. It grows in the Gobi desert. In Argentina it grows from sea level to 1,200 m above sea level. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by seeds.

NOTES

Also put in the family Chenopodiaceae.

Probably misapplied in Tasmania.

PICTURES



Credit: Food Plants International (Bruce French)

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