PLANT FACT SHEET

Beta macrocarpa Guss.

GENUS *Beta* **FAMILY** Amaranthaceae

COMMON NAMES Wild swiss chard

EDIBLE PARTS AND USES

Edible parts: Root, Leaves

The leaves are cooked in soups and stews. They are also eaten raw.
The root is used in soup.
It is also dried and crushed and sifted and the flour mixed with barley or wheat flour.

DESCRIPTION

It is like Sea beet (Beta vulgaris subsp. maritima) except the flower spikes have bracts up to the top.

HABITAT

It is a Mediterranean climate plant. It grows in slightly salty or sandy areas.

NOTES

Probably all Beta are one species and 2 main forms - Cicla - for leaves, and Contiva - for roots.
Also put in the family Chenopodiaceae.

REFERENCES

BOUQUET

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f50e12a7-4248-497b-a27f-9633d53b2275