PLANT FACT SHEET

Sesuvium sesuvioides (Fenzl) Verdc.

GENUS *Sesuvium* **FAMILY** Aizoaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice

The leaves are eaten as a green vegetable. It is eaten as a pot-herb.
It is mixed with other leaves such as Cleome to make them more slimy.

DESCRIPTION

A herb. The stems lie along the ground. It can grow each year from seeds or keep growing for a few years. The leaves are 6-15 mm long and 3-6 mm wide. They are narrowly oval. The flowers occur singly in the axils of leaves. The fruit is a capsule with a lid on top. This is 5.5 mm long. There are 13-20 seeds. The seeds are black and 1 mm long.

HABITAT

A tropical plant. Rajasthan. It suits a salty soil. It needs a rainfall above 520 mm per year. It can grow in dry sandy areas. It grows up to about 100-700 m above sea level. It cannot tolerate frost. It can grow with temperatures between 2-41°C. It needs a water table close to the surface. It can grow in arid places.

NOTES

There are 8 Sesuvium species. They grow in tropical and subtropical salty locations.

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