



Sesuvium portulacastrum

Pourpier de mer

Family : Aizoaceae

This small, fat, creeping plant can form dense vegetation carpets.

It is used as a refuge for striped knitwear which finds there a shelter against the rays of the sun.

Its creeping stems, often reddish, spread out in a star shape.

These thick leaves are waterlogged to resist the salty environment and can turn red in hypersaline environment.

The small solitary flowers of color mauve or white open only very little time.



Virtues

Ecology

- Pioneer plant, sand fixer



Traditional uses

- Edible plant very rich in vitamins, minerals and omega 3 fatty acids. It can be eaten in salads, in a chard or in jam, or even cooked like green beans.



Pharmacopoeia

- Antiscorbutic and anti-inflammatory plant, many use it to clean the liver



CENTRE
D'INITIATION À
L'ENVIRONNEMENT

