



WARRIGAL GREENS

(*Tetragonia Tetragonioides*)

Did you know?

Warrigal greens are also known as New Zealand spinach.

Origin and Conditions for Growing

- Grow from Brisbane to Gympie region along water ways and can often be found growing in sand near the beach
- Grow in bright sunlight in sandy soil or potting mix in a tub
- Can be grown in seed trays and then be planted out in 4-6 weeks
- Will be ready to harvest 8-10 weeks after planting
- Can be harvested all year round

Characteristics

- Sprawling plant with soft stems
- Light green leaves that are either triangular or arrow-shaped
- Plant has pale yellow flowers, September-February

Edible Portion

Edible leaves with a bitter taste unless cooked.

CAUTION: Only leaves and young stems should be eaten and should both be blanched (dipped in hot water) for about three minutes to remove the toxins. The water used for blanching should be tipped out and not used in the cooking.

Nutrition

Low in energy, high water content, high in sodium and potassium.

Uses – Traditional and Current

- Traditionally used as a food source, as a side for protein
- Currently, not commercially produced and used more often as a home vegetable
- Tastes like spinach and appropriate to incorporate into dishes as you would spinach

Where to Buy

- Seeds can be purchased from online stores

