



Purslane

Plant: Purslane is native to India and Persia and has spread throughout the world as an edible plant and a weed. It has fleshy succulent leaves and stems with yellow flowers, resembling baby jade plants. Historically purslane has been used as a remedy for arthritis and inflammation by European cultures. Chinese herbalists found similar benefits, using it in respiratory and circulatory function.

Grow: Purslane is prolific and grows wild around neighborhoods and gardens and grows just about anywhere from fertile garden soil to the poorest arid soils and is very drought tolerant. Seeds can be purchased from seed suppliers and germinate best in June when with soil temperatures reach 90 degrees. It doesn't germinate well when seeds are more than 1/2 inch deep so shallow seeding is best.

Harvest: Harvest young leaves and tender stem tips from fresh, young plants. Pick as needed within 2" of the base. New stems and leaves will re-grow for several weeks. Before foraging for wild purslane, be aware of the possible use of herbicides and thoroughly wash leaves before eating them.

Nutrition Facts

Serving Size 1 cup, steamed

Amount Per Serving

Calories 21 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 51mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 0%

Sugars

Protein 2g

Vitamin A 43% • Vitamin C 20%

Calcium 9% • Iron 5%

Nutritional Information:

Purslane has more beta-carotene than spinach, as well as high levels of magnesium and potassium. It is also a good source of heart healthy B vitamins (thiamin, niacin, B6 and folate), as well as some essential minerals that are often low in the American diet such as calcium, iron, and copper.

How to Prepare:

Purslane is best if used fresh. To store it, wrap it in a moist paper towel and store in a plastic bag in the vegetable bin of the refrigerator. The taste of purslane is similar to watercress or spinach but with a bright, lemony finish. Use it in salads or on sandwiches instead of lettuce or pickles. Toss it into soups or tacos. Sauté lightly with garlic or dress it and eat it as a salad.



Purslane Salad

Yields: 4 portions **Serving**

size: 1 cup

Ingredients

- 1 small ear of corn, kernels removed
- ¼ cup plum tomatoes, peeled and seeded, diced ½"
- 1 avocado, peeled and seeded, diced ½"
- 2 cups stemmed purslane (or watercress)
- 1½ cup fresh cilantro sprigs
- 1¼ cup fresh radish, sliced thin
- 2 tablespoons + 1½ teaspoons fresh lime juice
- 1½ tablespoons olive oil
- ¾ teaspoon ground black pepper

Preparation

1. Cook corn kernels in boiling water for about 4 to 6 minutes or until just tender. Drain and let cool.
2. Place tomatoes, avocado, purslane, cilantro, radish and corn in a bowl.
3. Combine lime juice, olive oil, and pepper, then add to the bowl of vegetables and gently mix together well.
4. Serve salad alone or consider adding your favorite fish, such as blackened cod!

Nutrition Facts per Serving:

135 calories, 10 g fat (1 g sat fat), 11 g carbohydrates, 3 g fiber, 2 g protein