

Noongar Name:

Scientific Name: Atriplex Cinerea

Common Name: Grey or Coastal Saltbush, Barilla or Truganini

Leaves: silver grey lance shaped to oblong, up to 10cm long

Flowers: clusters of cream flowers

Fruit: bright red berries, rounded tear-shape 5mm long, juicy flesh that surrounds a crunchy seed, similar to pomegranate, tart cranberry flavour with a distinct saltiness

Size: Height - 1.5m Width - 2m

Location: most states in coastal regions

Attracts Wildlife: native butterflies, caterpillars

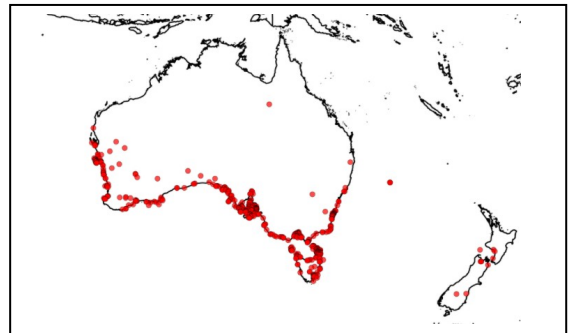
Usage:

- The leaves can be used for their salty, herby flavour for stuffings, marinades or simply cooked by blanching or boiling.
- Toss them in stir fries.
- The leaves can be dried and used as a salt substitute.
- Suitable fodder for sheep and cattle.

Interesting Facts:

- Fire retardant plant.
- They have separate male and female plants (dioecious). The plants often grow in parallel rows with the males closer to the sea.
- Latin name cinerea means 'ashy'.
- Help stabilise soils, prevent erosion and rehabilitate at risk areas.

References: <https://www.herbcottage.com.au/products/coastal-saltbush-plant>



http://vro.agriculture.vic.gov.au/dpi/vro/vrosite.nsf/pages/sip_coast_saltbush
https://en.wikipedia.org/wiki/Atriplex_cinerea
https://specialtyproduce.com/produce/Saltbush_Berries_10806.php