NZ SPINACH

Tetragonia tetragonioides

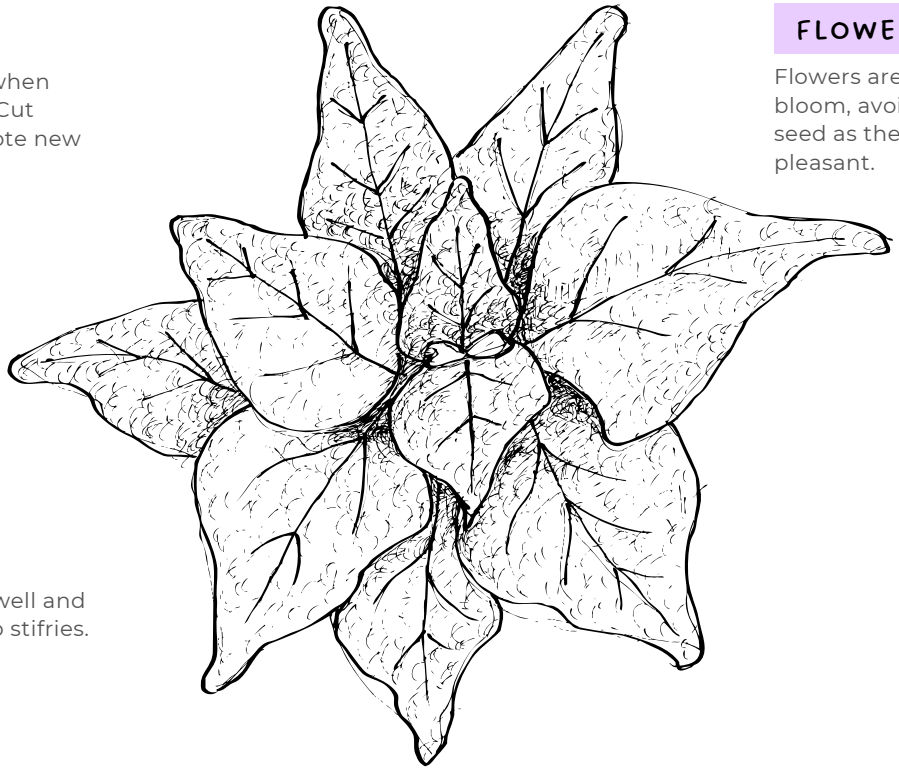
NZ Spinach (Tetragonia tetragonioides) also known in Australia as Warrigal greens is a perennial green with beautiful lush leaves. Although not part of the Spinach family, NZ Spinach is used as a spinach substitute. The great thing about this edible plant is that, unlike many spinach varieties, it thrives in warm weather! Perfect for warm climates!

LEAVES

Mild flavour best when leaves are young. Cut regularly to promote new growth.

FLOWERS

Flowers are edible when in bloom, avoid once they go to seed as they will not be pleasant.



STEMS

Young stems cook well and add great texture to stifries.