

## Warrigal Greens or Cook's Cabbage

*Tetragonia tetragonioides*



Family: Aizoaceae

Trailing ground cover



**Distribution:** A coastal plant of Western Australia, South Australia, Victoria and New South Wales.

**Description:** The plant has a trailing habit, and will form a thick carpet on the ground or climb through other vegetation and hang downwards. The leaves are thick, triangular, and covered with tiny papillae that look like water drops on the top and bottom of the leaves. Flowers are yellow and the fruit is a small, hard pod covered with small horns.

**Propagation:** Seeds should be planted just after the last spring frost. Before planting, the seeds should be soaked for 12 hours in cold water, or 3 hours in warm water. Also self-seeds once established.

**Habitat:** Grows well in saline conditions, and thrives in hot weather. Hardy and resistant to insects, snails and slugs.

**Uses:** It is grown for the edible nutritious leaves, which contain oxalates, also vitamin C, calcium, potassium and other minerals. It can be steamed like spinach, or planted as an ornamental plant for ground cover.