

Purslane

Purslane (*portulaca oleracea*) or “little hogweed”, is a low sprawling succulent weed that you’ll find growing in your garden, all over your lawn, and even in sidewalk cracks. It’s closely related to the ornamental (not edible) portulaca (*portulaca grandiflora*) that is for sale in our greenhouse, and while the USDA classifies purslane as a “noxious weed”, this succulent herb is not only edible—it’s packed full of nutrients!

Purslane is high in omega-3 fatty acids (it has the highest levels of any other green plant) and beta carotene, and is a significant source of vitamins C and E.

It is eaten throughout much of Europe, the Middle East, Asia, and Mexico. It has a crunchy, juicy texture and mild flavor—like spinach or watercress—with notes of lemon and pepper.

CULINARY TIPS

- Eat it raw in a salad. Rough chop the leaves and most tender parts of the stems.
- Cook it lightly. Bitterness increases as you cook it, and it will get slimy if overcooked.
- Throw it in a soup during the last few minutes of cooking.

HOW TO STORE

Store it, unwashed, in a plastic bag in the crisper drawer of the refrigerator for up to a week.

3 WAYS TO PREPARE

- Toss it in a salad with basil, goat cheese, scallions, and tomatoes.
- Use it as a topping on a burger or chicken sandwich.
- Blanch it and then stir fry with ginger, chili, and a splash of rice vinegar.