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Atriplex hastata

[Synonyms : *Atriplex calotheca*, *Atriplex deltoidea*, *Atriplex hastata* var. *prostrata*, *Atriplex hastifolia*, *Atriplex kuzenevae*, *Atriplex latifolia*, *Atriplex latifolia* subsp. *depressa*, *Atriplex latifolia* subsp. *prostrata*, *Atriplex microsperma*, *Atriplex oppositifolia*, *Atriplex patula* var. *hastata*, *Atriplex patula* var. *salina*, *Atriplex patula* var. *triangularis*, *Atriplex prostrata*, *Atriplex triangularis*, *Chenopodium hastata*]

SPEAR-LEAVED ORACHE is an annual. Found in Europe it has tiny greenish flowers. It is also known as *Arechi hama akaza* (Japanese), *Arroche coucher* (French), *Arroche hastée* (French), *Atriplice comune* (Italian), Boucher' spear-leaved orache, Fat hen, Halberd-leaved arrach, Halberd-leaved wild orache, Hastate orache, Iron root, *Isomaltsa* (Finnish), *Ji ye bin li* (Chinese), *Llygwyn Tryfal* (Welsh), *Piatte snile* (Channel Islander-Guernsey), Seashore orach, *Selq il-bahar* (Maltese), Spearscale, *Spiesmelde* (Dutch), *Spiessblättrige Melde* (German), *Spiessmelde* (German), *Spjutmålla* (Swedish), *Tangmelde* (German), Thinleaf orach, Thin-leaved orache, *Udstrakt Melde* (Danish), and *Vippmålla* (Swedish).

Warning – all parts of the plant are poisonous if taken internally raw or if consumed in large quantities over a prolonged period.

Hastata is Latin (armed with a spear) meaning 'spear-shaped'.

The seeds were once recommended by herbalists to treat headaches, rheumatism and 'wandering pains'.