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Atriplex patula

[Synonyms : *Atriplex hastata* var. *patula*, *Atriplex patula* var. *erecta*, *Atriplex patula* var. *japonica*]

COMMON ORACHE is an annual. Found in Europe and North America it has minute greenish flowers.

It is also known as Duck lettuce, Fat hen, *Gårdmålla* (Swedish), Gooseweed, Halberd-leaf orache, Halberd-leaf saltbush, Iron-root, Ironweed, Lamb's quarters, *Lebeda rozkladitá* (Czech), *Llygwyn Culddail* (Welsh), *Llygwyn Tryfal* (Welsh), *Loboda konáristá* (Slovak), Narrow-leaved orache, Orache, *Ruten-Melde* (German), Spear-leaved orache, Spear saltbush. Spearscale, Spreading orache, *Spreizästige Melde* (German), *Spreizende Melde* (German), *Vägmålla* (Swedish), Wild arrach, and Wild orache.

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

Patula is Latin (standing open, lying open) meaning 'spreading'.

The bland tasting leaves have been added to the cooking pot like those of garden orache (*Atriplex hortensis*).

A paste made from the leaves has been used to neutralise insect stings.