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Portulaca oleracea var. *sativa*

GREEN PURSLANE is a succulent plant. Probably developed in southern Europe or the Middle East it has small yellow flowers.

It is also known as Bacon weed, Common purslane, Garden purslane, Golden purslane, and Kitchen-garden purslane, *Portulak* (German), *Postelein* (German), *Sauburtzel* (German), Summer purslane, and *Vihannesportulakka* (Finnish).

Oleracea means ‘vegetable- or cooking herb-like or of the herb-, vegetable or kitchen garden’.

Sativa means ‘cultivated’.

Today green purslane is rarely seen in English-speaking countries although it was widely cultivated in most of north-western Europe in the 17th and 18th Centuries. It is grown commercially on a modest scale however in France, the Netherlands and Italy. The leaves with their refreshingly salty taste have been used in salads or they have been pickled.

Medicinally, herbalists have recommended the use of the juice in the past for treating coughs, headaches and fevers, combined with oil of roses (*Rosa*) for oral complaints (including securing loose teeth) and the seeds were used to treat children’s worms.