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*Suaeda vera*

[Synonyms : *Dondia fruticosa*, *Suaeda fruticosa*]

**SHRUBBY SEA-BLITE** is a semi-evergreen shrub (sometimes prostrate). Native to Asia and Europe (particularly the Mediterranean), it has needle-like leaves and pea-like greenish-brown flowers.

It is also known as *Adlib* (Arabic), Alkali seepweed, *Lonia* (Hindi), *Lunak* (Punjabi), Saltwort, Sea blite, Seep weed, Shabby, Shabby sea blite, and *Swejda* (Maltese).

*Vera* is Latin (true, genuine) meaning 'true or standard' with reference to the species as typical of the genus.

In India at least the shrub provides animal fodder and is also used in veterinary medicine, particularly for camels.

Shrubby sea-blite is burnt in southern Europe to produce an ash which is a source of barilla, a substance that has long been used for making glass.

Some authorities note that medicine men in the North American Hopi Indian tribe washed with a shrubby sea-blite tea before they treat patients.