

PURSLANE

Portulaca oleracea



PURSLANE

Dakota: wápe šóka

Anishinaabe: gookooshibagoon

ABOUT

Purslane is an annual plant that grows prostrate in disturbed areas. Stems are smooth and reddish, with leaves that grow opposite and sometimes alternately on the stem. Leaves are oval to tear drop shaped and are thick - almost succulent-like. Flowers are tiny with five, yellow petals.

HARVEST / PREP

- Whole plant is best harvested at the height of summer when the leaves are plump
- Can be frozen, dried, or pickled for later

BENEFITS

- Rich in Omega-3 Fatty Acids
- Supports healthy digestion
- Boosts the immune system