

New Zealand Spinach

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One of the Aboriginal food plants which has been adopted into the diet of some “bush tucker” enthusiasts is the Native Spinach (*Tetragonia tetragonioides*), but perhaps it is appreciated more by our native rats. In the Wetlands Sanctuary, it is found beside the boardwalk near the river where it is able to tolerate salt in soils. It is a semi-succulent with light-green leaves, pale yellow insignificant flowers in spring and summer, followed by small brilliant red fruit.

