

## FACT SHEET

### Warrigal Greens *Tetragonia tetragoniodes*

You can use Warrigal Greens the way you'd use spinach, chard, silverbeet and bok choy. Like with spinach, the leaves are rich in oxalates, so should be blanched or cooked before eating. Small yellowish flowers will appear in Spring and Summer; these may be eaten too. For a simple and delicious preparation, stir fry this vegetable with a little garlic. It may also be enjoyed in soups, stews, and as a steamed vegetable.



Warrigal Greens is a leafy green herb that grows in sunny to shady spots. They'll tolerate somewhat poor soil, but do better when kept moist in a rich, free-draining loam. This plant may die back during Winter but may revive itself in the Spring. In colder regions, treat it as an annual. Fertile soils best for good leaf product, but will grow in sand.

**Warrigal Greens in your kitchen garden is easy to maintain.** Before planting, in spring and summer, pour hot water over seed and leave to soak overnight. Next day sow them about 60cm apart in a shady spot. And just cover them with soil and compost. In cool places, sow seeds in pots under glass and transplant seedlings to garden when there is no danger of frost. The plants mature in about 10 weeks, but you can pinch off the young shoots and leaves for eating - and keep picking them through summer and autumn. If you allow one or two plants to set seed, new plants will spring up each year.

Plants need little water except in very dry weather. They adapt to hot, dry and sandy soils and resist salty spray. Once established, plants resist drought and provide year-round "cut and come again" in all but the coldest climates.

It attracts lizards, tolerates sandy soils and suitable for gaps and works as a ground cover 😊

**To Prepare your Greens:** Blanch Warrigal leaves to remove mildly toxic oxalates. Blanch the leaves in boiling water for five minutes, then plunge them in cold water immediately. This will keep their green colour. Discard the water. Wilted greens make an attractive and colourful bed for meat patty or fish. Leaves may be too tough to eat raw but are delicious in soup or cooked like baby spinach.

A mass of thick, soft, dark-green leaves served as side dish of greens has begun to appear in Australian Restaurants and café whose chefs include native ingredients in their menus also referred to as New Zealand spinach, Botany Bay greens, Tetragon.

Small Footprint Produce

From Down's Estate Community Project - Seaford

## New Zealand spinach, cooked, boiled, drained, without salt

### Nutritional value per 100 g (3.5 oz)

<b>Energy</b>	51 kJ (12 kcal)	
<b>Carbohydrates</b>	2.13 g	
Sugars	0.25 g	
Dietary fiber	1.4 g	
<b>Fat</b>	0.17 g	
<b>Protein</b>	1.3 g	
<b>Vitamins</b>	<b>Quantity</b>	<b>%DV<sup>†</sup></b>
Vitamin A	3622 IU	
Thiamine (B <sub>1</sub> )	0.03 mg	3%
Riboflavin (B <sub>2</sub> )	0.107 mg	9%
Niacin (B <sub>3</sub> )	0.39 mg	3%
Pantothenic acid (B <sub>5</sub> )	0.256 mg	5%
Vitamin B <sub>6</sub>	0.237 mg	18%
Vitamin C	16 mg	19%
Vitamin E	1.23 mg	8%
Vitamin K	292 µg	278%
<b>Minerals</b>	<b>Quantity</b>	<b>%DV<sup>†</sup></b>
Calcium	48 mg	5%
Iron	0.66 mg	5%
Magnesium	32 mg	9%
Manganese	0.526 mg	25%
Phosphorus	22 mg	3%
Potassium	102 mg	2%
Sodium	107 mg	7%
Zinc	0.31 mg	3%
<b>Other constituents</b>	<b>Quantity</b>	
Water	94.8 g	

[Link to USDA Database entry](#) 

#### Units

µg = micrograms • mg = milligrams

IU = International units

<sup>†</sup>Percentages are roughly approximated using  
US recommendations for adults.

Source: [USDA Nutrient Database](#) 