



PURSLANE



FAMILY

Portulacaceae

BOTANICAL NAME

Portulaca oleracea L.

CULTIVARS

Goldberg Golden
Purslane, Red Gruner

COMMON NAMES

Common purslane, Garden
purslane, Little hogweed,
Wild portulaca and
Verdolaga, Lunia

Peter A. Y. Ampim and Dania Rivera-Ocasio

CULTIVATION

PERIOD

Spring (after last frost) through fall (April to October)

PROPAGATION

Broadcast seeds at 10 kg/ha (8.9 lb/A) or transplant seedlings when they are 10 cm. (4 in.) in height. Seeds germinates 10 days after planting. Requires high temperatures for germination and the optimal is above 30°C (86°F).

GROWING CONDITIONS

Soil: Grows better in soils with high nutrient levels. Soil phosphorus is a significant factor in its establishment. Likes sandy and dry soils with good drainage but it can grow in poor soils. Soil pH: range of 5.5-7.5. Temperature: It is sensitive to cold and plants are killed by chilling temperatures. Relative humidity: Under 90%. Water Requirements: Requires minimum water, and is moderately salt tolerant.

CARING FOR THE GROWING PLANT

Fertilize, water and keep weeds away. Rotate with other crops to minimize disease occurrence.

DAYS TO MATURITY

About 4 weeks after seeding.

HARVEST / YIELD POTENTIAL

About 25 - 40 days after planting. Cut to 6 cm. (2.4 in.) or harvest the whole plant and clean.

AREAS COMMONLY CULTIVATED

Tropical, subtropical, and temperate areas of the world

PLANT DESCRIPTION

Fast growing herbaceous annual with fleshy stem with watery juice, succulent toothless leaves and yellow flowers. It has prostrate growth that can form a mat up to 60 cm. (23.6 in.) in diameter.

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GROWING STEPS

Buy planting material from a reliable source and start seedlings indoors or in a greenhouse if you want to use seedlings to begin your garden. Prepare your site or containers. Plant when conditions are optimum. Water as needed. Fertilize when plants are grown. Control weeds, insects and diseases. Harvest whole plants and branches when mature.

POTENTIAL PESTS AND DISEASES

PESTS

Aphids, purslane sawfly (*Schizocerella pilicornis*), and a leafminer weevil (*Hypurus bertrandiperris*).

DISEASES

Botrytis, root and stem rot

CULINARY USES

Stems, leaves, and flowers are edible with a sweet yet acidic like flavor. It can be eaten raw alone, in salads or cooked like spinach.

NUTRITIONAL BENEFITS

Vitamin A, B₁, B₂, B₃, B₆, B₉, C, and E. Contains calcium, iron, magnesium, manganese, phosphorus, potassium, and zinc. It also contains omega 3 fatty acids and is high in antioxidants, betacarotene, and is a good source of fiber.

REPORTED HEALTH BENEFITS

Reduces inflammation, stimulates blood circulation, prevents osteoporosis, helps in weight loss. Prevents macular degeneration and cataracts, as well as lung and oral cancers. It also reduces bad cholesterol and enhances child development.

REFERENCES

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Uddin, M. K., Juraimi, A. S., Hossain, M. S., Nahar, M. A. U., Ali, M. E., Rahman, M. M. (2014). Purslane weed (*Portulaca oleracea*): A prospective plant source of nutrition, omega-3 fatty acid, and antioxidant attributes. In The Scientific World Journal (Vol. 2014). <https://doi.org/10.1155/2014/951019>.

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