

Trianthema portulacastrum* L.*Family : Aizoaceae**

A ground-loving herb, *Trianthema portulacastrum* is often mistaken as “*Punarnaba*” i.e. *Boerhavia repens*. The plant is visible for its small roundish leaves and white flowers. It is quite a popular green leafy veg across the Indo-Gangetic plains and parts of the Deccan plateau, where it abounds. In the state of Jharkhand and Chhattisgarh, the plant is a common leafy green during the summer and rainy seasons. Popular as *Khapra sag* or *Salsa sag*, it is either boiled or fried in less oil with a slight touch of chili, garlic, etc. In Odisha, the boiled or fried leaves, as *Kachoa*, are a popular side dish that complements well with steamed rice. On the other hand, as *Erra Ganjeru* in Telangana, the leaves are used to prepare curry with Garlic and Pulses. In TamilNadu, fresh leaves are collected, dried, grounded, and then mixed with dry and powdery pulses at different proportions. It is employed in the preparation of dishes like *idly podi*, *murukku*, onion chutney, *tomato thokku* (spicy fresh fruit mash), potato fry, and sambar. It is always better when desired taste makes a good combo with nutrients, as in its case; analyses revealed high amounts of anti-oxidants and vitamin C along with the key minerals like Calcium, Magnesium, Phosphorus, and Potassium.



Photo: eflora of India



Photo: powo.science.kew.org

