



# Purslane

*Portulaca oleracea*

JW Farms 7



Purslane is a green succulent looking plant with a sour salty taste. The leaves and stalks can be eaten raw or cooked. It is very nutrient rich.



Purslane is a green leafy vegetable that is native to the Mediterranean region. It is popular throughout Asia, Africa, and Europe and has been in use since ancient times for its rich medicinal properties. The entire plant can be eaten including its flowers, stems, seeds, and leaves.

Purslane grows in many parts of the world and in a wide range of environments. It's not uncommon to find it growing in the cracks of driveways or in a garden. It is highly adaptable growing in drought as well as very salty or nutrient deficient soils. It has a long tradition as being used as traditional medicine.



Purslane is richly loaded with omega 3 fatty acids and huge amounts of dietary fibrous content, vitamins A, B-Complex and C, and minerals like iron, manganese, calcium, potassium, copper, and magnesium. It also consists of betalain and melatonin pigments and carotenoids.

Heart  
 Prevents Cancer  
 Rejuvenates Skin  
 Strengthens Bones  
 Immune System  
 Digestion  
 Child Development  
 Low in calorie  
 Protects Cardiovascular  
 Accelerates Blood Circulation  
 Vision  
 Balances Blood Sugar  
 Prevents Anemia  
 Fatigue  
 Eczema  
 Diuretic  
 Boils  
 Burns  
 Abscesses  
 Ulcers  
 Colitis  
 Skin  
 Stings  
 Sores  
 Bug Bites  
 Cooling  
 Nutrient Rich  
 High in Vit A, C and E  
 Depression  
 Weight Loss  
 Fiber  
 Acceleration of Metabolic  
 Regulates BP  
 Prevents Hardening of Arteries  
 LIVER Cancer  
 Menstrual Bleeding  
 Type 2 Diabetes  
 Reduces metastasis



Purslane is 93%  
 water, yet  
 packed full of  
 nutrients. Can  
 be used as  
 spinach and  
 watercress on  
 sandwiches and  
 salads.

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The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Antiviral

Purslane is considered a weed that most try to control, however, this nutrient dense plant is pack full of medicinal benefits. According to [research](#) published in the Scientific World Journal, "the antioxidant content and nutritional value of purslane are important for human consumption." Testing the plant revealed tremendous nutritional potential and indicates the usefulness as a top rate herb for healing.

### Caution

Contains large amounts of Oxalate which may cause Kidney Stones to develop.  
 \*Yogurt simnificantly reduces oxalate so eat together and you should be fine.  
 \*\*Also boiled reduces significantly oxalate without loosing other medicinal benefits.  
 Avoid if Pregnant