



Purslane Planting Guide

About Purslane

An annual succulent, Purslane is regularly consumed in salads, stir-fry and soups across Europe and Asia. Purslane actually contains a huge amount of omega-3s and is an excellent source of vitamins and minerals. Perhaps its time we Americans got on board and started including Purslane in our salads as well!

When to Plant

Plant indoors 4-6 weeks before the last frost of the season or plant outdoors directly into the garden after the last frost of the season.

Where to Plant

Purslane thrives in a wide range of soils, provided they are well drained and have access to full sun (6-8 hours of sun per day). Purslane will readily grow in areas that are too dry for other plants or have soil of poor quality. Purslane has a tendency to spread itself; it thrives best when given enough space to sprawl out 1-2' per plant.

How to Plant

Sow directly into moist soil via broadcasting. Do not cover seed. Keep soil moist throughout the germination process. Once established, Purslane will readily self seed.

Caring for Purslane

The entirety of the plant, including the flowers, can be harvested to eat throughout the growing season. Entire stems can be cut, but be sure to leave some growth behind in order to preserve the plant. For the best flavor, harvesting young tender leaves or stems is ideal. Flavor of the leaves and stems are at their best when harvested before Purslane starts to bloom. Purslane can be refrigerated or frozen as desired to store for later.