

An Investigation of Edible Plants for Soluble Oxalates and Calcium Oxalate Crystals

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The soluble oxalate and calcium oxalate content of ten plant species/ varieties/cultivars has been recorded, viz. *Amaranthus viridis* L., *Beta vulgaris* L. (red beet), *Beta vulgaris* var. *cicla* (cvs. having green and purplish leaf stalks), *Chenopodium album* L., *Portulaca oleracea* L. (cvs. having green and reddish leaves), *Spinacea oleracea* L. *Lycopersicon esculentum* Mill. and *Trigonella foenum-graecum* L. Soluble oxalates and oxalate crystals have been found to be absent in fruits of *Lycopersicon esculentum*, leaves and stems of *Trigonella foenum-graecum* and roots of *Beta vulgaris* (red beet).

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