

The Salicornieto

The salicornieto is an ecosystem characterised by the presence of salt-loving (halophilous) species – salicornia (samphire) – capable of thriving on salty soils. Resembling meadowland, it is an ideal habitat for migratory species such as the black-winged stilt. Salicornia (samphire) is an edible herbaceous succulent, rich in vitamin A, mineral salts, water and fibre. It is also known as sea asparagus and is used in the preparation of delicious salads.

