PLANT FACT SHEET

Amaranthus deflexus L.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Large-fruit amaranth, Low amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

DESCRIPTION

A herb that keeps growing from year to year. It only lives for a few years. It lies along the ground and can curve upwards. It can be 12-45 cm long. It usually branches at the base. The leaves usually have hairs along the edges and underneath. The leaves are 1-5 cm long by 1-3 cm wide. They are broadly oval. The flower spikes are reddish-green.

HABITAT

It is a warm temperate plant. It is common in Mediterranean regions. In California it grows between sea level and 700 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/05ac258a-f40d-4f0f-ba8a-0077fe5134ad