PLANT FACT SHEET

Chenopodium hybridum L.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Maple-leaved goosefoot, Sowbane

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young shoots are repeatedly harvested before flowering and cooked and eaten as a leafy green.

DESCRIPTION

An upright herb. It grows 20-220 cm tall. It has many branches. The small branches are angular. The leaves are broadly oval or triangle shaped. They are 6-17 cm long and 5-13 cm wide. The flowers are green. They occur as several together in a loose group. The seed in black and 2-3 mm across.

HABITAT

It is a temperate plant. It grows in forest margins, slopes, brush, valley margins. In Sichuan.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.

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