PLANT FACT SHEET

Amaranthus polygonoides L.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Tropical amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young shoots and leaves are cooked and eaten as a vegetable. They are fried or used in curries.

DESCRIPTION

A small annual plant. It can be erect or lie over. It grows 10-50 cm high. It has soft spikes on young shoots. The leaves are narrowly oval and 3 cm long by 1.5 cm wide. The flowers are in congested clusters in the axils of leaves. The seeds are dark brown and shiny. They are lens shaped and 1 mm across.

HABITAT

It is a tropical plant. It grows from sea level up to 500 m altitude. It is best with a pH of 5.5-7.5, It grows best with a temperature between 23°-30°C.

PRODUCTION

Cultivation

Plants can be grown from seeds. Seeds are best mixed with sand to enable an even distribution. They can be sown direct or transplanted.

Harvesting and Seed Production

The first harvest can begin after 2 weeks but is better after 5-7 weeks. Plants can be uprooted or the tops picked out. Yields of 30-60 tons per hectare are possible.

NOTES

There are about 60 Amaranthus species.
It is high in proVitamin A.

REFERENCES

Harisha, R. P. & Padmavathy, S., 2013, Knowledge and Use of Wild Edible Plants in Two Communities in Malai Madeshwara Hills, Southern India. International Journal of Botany 9(2): 64-72.

Pl. jamaic. pug. 27. 1759

Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 191

Kuvar, S. D. & Shinde, R. D., 2019, Wild Edible Plants used by Kokni Tribe of Nasik District, Maharashtra. Journal of Global Biosciences. Volume 8, Number 2, 2019, pp. 5936-5945

Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 356

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 173

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 108

Pegu, R., et al, 2013, Ethnobotanical study of Wild Edible Plants in Poba Reserved Forest, Assam, India. Research Journal of Agriculture and Forestry Sciences 1(3):1-10

Plants of Haiti Smithsonian Institute http://botany.si.edu

Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 34

Rodriguez-Amaya, D. B., 1999, Carotenoides y Prepracion de Alimentos. University Estadual de Campinas, Brasil, Ph.D. thesis. p 19

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 23

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1d0955fc-bdf6-49c7-8d0d-a81acd050604