PLANT FACT SHEET

Amaranthus bidentata Blume

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Lanceleaf ragweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The leaves and young plant are eaten cooked.
The seeds are ground into flour and used to make bread.
CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual plant up to 90 cm high.

HABITAT

It grows naturally in roadsides and waste places in China.

PRODUCTION

Cultivation

Plants can be grown from seed if the soil is warm. Seeds are small and grow easily. Cuttings of growing plants root easily.

NOTES

There are about 60 Amaranthus species.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/40ea3303-9ef5-41eb-baf7-2437e5de0d2b