PLANT FACT SHEET

Amaranthus palmeri S. Watson

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Palmer's Amaranth, Carelessweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The leaves and seeds are edible cooked. The leaves can be dried and used later in soups. The seeds are hard so should be crushed before using.
CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual herb which grows to 90 cm high. The stems and leaves are smooth. Leaves have long leaf stalks. They are alternate arranged around the stem. Male and female flowers are on separate plants. The flowers are in cylinder shaped spikes 60 cm long.

HABITAT

It grows in tropical and temperate places. It grows naturally in waste places and fields at low elevations, also in interior valleys and deserts in California in South-western North America. It can grow in arid places.

NOTES

There are about 60 Amaranthus species.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine (2016) 12:43

Estrada-Castillon, E., et al, 2014, Ethnobotany in Rayones, Nuevo Leon, Mexico. Journal of Ethnobiology and Ethnomedicine, 10:62

Felger, R. S. 1980, Vegetation and Flora of the Gran Desierti, Sonora, Mexico. Desert Plants 2(2). Arizona-Sonora Desert Museum. p 9

https://www.fireflyforest.com/flowers/category/edible-plants/ Edible Plants – Southeastern Arizona Wildflowers and Plants

INFOODSUpdatedFGU-list.xls

Kermath, B. M., et al, 2018, Food Plants in the Americas: A Survey of the Domesticated, Cultivated and Wild Plants Used for Human Food in North, Central and South America and the Caribbean. p 67

Mapes, C. & Basurto, F., 2016, Biodiversity and Edible Plants of Mexico. Chapter 5 in R. Lira, et al. (eds.), Ethnobotany of Mexico, Ethnobiology, Springer. p 114

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 8

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

Proc. Amer. Acad. Arts 12:274. 1877

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 24th March 2011]

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 129

Small, E., 2009, Top 100 Food Plants. The world's most important culinary crops. NRC Research Press. p 70

Weche-Ebeling, P., et al, 1995, Value of Some Wild Amaranthus Species (Amaranthaceae) of Nuevo Leon, Mexico. Economic Botany 49(4): 423-430

www.wildediblefood.com

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/42f6848d-90a3-4ce9-a212-797baab435a0