PLANT FACT SHEET

Chenopodium bonus-henricus Linn.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Good King Henry

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Root, Flowers, Vegetable

The young leaves are eaten as a potherb.
The young shoots can be cut under the ground and peeled and used as an asparagus substitute.
The tender flower clusters are eaten.
The seeds can also be eaten and sprinkled on bread and cakes.

DESCRIPTION

A perennial plant. It grows up to 60-100 cm tall. It spreads to 60 cm wide. The roots are fleshy and thick. The stem is hollow. It has triangular shaped leaves. They are deep green. They are 10 cm long. The flower spikes do not have leaflets. The flowers are greenish in spikes at the top of the plant. The seeds are rust coloured.

HABITAT

It is a temperate plant. It will grow on a range of soils. It is resistant to drought and frost. In Hobart Botanical gardens. It suits hardiness zones 5-10.

PRODUCTION

Cultivation

It can be grown by seed.

Harvesting and Seed Production

Plants take a couple of years to get established but then continue to produce leaves. They self seed, if allowed.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.
Also put in the family Chenopodiaceae.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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