PLANT FACT SHEET

Amaranthus sparganicephalus Thell.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Nanyi

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are picked and cooked as a leafy vegetable.

DESCRIPTION

A herb. It can be spreading or lie along the ground. The leaves are greenish-brown. The leaf stalks are long. The leaf blade is about 5 cm long. The flowering heads are round. They are in clusters in the axils of leaves. The fruit are arranged in a star shaped pattern.

HABITAT

It is a tropical plant. In Kenya it grows between 100-1,600 m above sea level. It grows in the semi-arid areas.

PRODUCTION

Cultivation

Plants are grown from seeds.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4decd1dc-0a06-4d16-8324-af046588e726