



PLANT FACT SHEET

Amaranthus hybridus L.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Amaranth Greens, Slim Amaranth, Wild Cabbage

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves and young shoots are cooked and eaten. They are also dried.

The leaves and stems are chopped and added to pastries and salads. They are also fried with eggs.

The seeds are roasted or ground into flour and baked.

DESCRIPTION

An annual herb. It is an upright plant. It grows 80 cm to 2 m tall. It is often green but can be dark red. The leaves are simple and alternate. The leaves are oval shaped and can be 15 cm long. The flowers can be red, yellow or white. They are in spikes at the top of the plant and in the axils of leaves. The seeds are small and shiny and black.

HABITAT

A tropical plant. It grows well in fertile soil. It can grow in warm temperate places as well as the tropics. In Kenya it grows between 900-2,600 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are about 60 *Amaranthus* species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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