PLANT FACT SHEET

Achyranthes bidentata Blume

GENUS *Achyranthes* **FAMILY** Amaranthaceae

COMMON NAMES Chaff-flower, Two-toothed amaranthus

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Roots

The seed are cooked and used in bread.
The leaves can be eaten cooked. They are also boiled with egg.
The roots are cooked with meat for soup.

DESCRIPTION

A herb. It can be erect or hang over. It grows to 1 m tall. The leaves are oval and 5-20 cm long by 1-8 cm wide. The leaf stalk is 5-15 mm long. The leaf tapers towards the tip. The leaves are densely hairy. The flower cluster is at the end of the branches and in the upper leaf axils. The flower cluster is 4-12 cm long. There is a show of violet colour during flowering. The fruit is 2-2.5 mm long. The seed is 1.5 mm long.

HABITAT

It is a tropical and subtropical plant. It occurs from 250-2100 m altitude in Papua New Guinea. It grows in shady places and is often in forest. It prefers a rich sandy slightly acidic soil. It is cultivated in North China.

PRODUCTION

Cultivation

The plant is grown from seed. Seedlings can be transplanted

NOTES

It is commonly cultivated in Henan Province in China as a food and medicine. There are 6 Achyranthes species. The grow in tropical and warm temperate regions.

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