PLANT FACT SHEET

Chenopodium ficifolium Sm.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Fig-leaved goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

DESCRIPTION

It is a herb. It grows 20-50 cm tall. The stems are green and have ridges along them. The leaf blade is oval and 3-5 cm long by 1-4 cm wide. They usually have 3 lobes. The flowers are in round groups spreading along the ends of the branches. The seeds are black and 1 mm across.

HABITAT

It is a temperate plant. In Bhutan it grows between 500 and 1600 m above sea level.

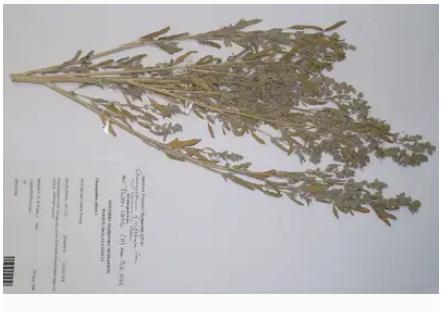
NOTES

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)



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REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/58ea8890-fde4-445e-b7cb-64a810cd3cd1