PLANT FACT SHEET

Amaranthus watsonii Standl.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Sandhill Amaranth, Watson's amaranth

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The leaves are edible cooked.
The seeds are ground into flour and cooked.
CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual plant. It grows to 75 cm high.

HABITAT

A tropical and subtropical plant. It does well in dry open soils. It needs a sunny position and a well-drained soil. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

NOTES

There are about 60 Amaranthus species.
It is a C4 plant.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5cba7574-f3ee-48e5-912d-cd3c9bc60971