PLANT FACT SHEET

Amaranthus hybridus subsp. quitensis (H. B. Kunth) Costea & Carretero

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES South American Amaranth, Ataco, Sangorache

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Vegetable

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

DESCRIPTION

An annual plant which grows to 1 m high.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

NOTES

There are about 60 Amaranthus species.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 8

Joyal, E., 1987, Ethnobotanical Field Notes from Ecuador: Camp, Prieto, Jorgensen, and Giler. Economic Botany 41(2): 163-189

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 17

Luquez de Mucciarelli, S., et al, 1990, Chemical composition and nutritive value of Amaranthus quintensis. (In Spanish). Arch. Latinoam Nutr. Mar: 40(1):69-74

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires (As Amaranthus quitensis)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Rozycki, V. R., et al, 1997, Nutrient content in vegetables species from the Argentine Chaco. (In Spanish), Arch. Latinoam Nutr. Sep. 47(3):265-70

Ulian, T., et al, 2020, Unlocking plant resources to support food security and promote sustainable agriculture. Plants, People, Planet. 2020;2:421–445.

F. W. H. A. von Humboldt et al., Nov. gen. sp. 2:156[folio]; 2:194[quarto]. 1818

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5cc71972-db3e-48d2-aa81-6c5f844600cc