PLANT FACT SHEET

Chenopodium polyspermum L.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES All-seed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are used in pies and soup. They are roasted or fried with onion.
They can be cooked and eaten as a vegetable.

DESCRIPTION

A herb. It grows each year from seeds. It can be upright or lie along the ground. The stems are square and often red. The leaves are oval. The flowers are yellow.

HABITAT

It is a temperate plant. It grows on waste ground.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.
Also put in the family Chenopodiaceae.

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