PLANT FACT SHEET

Amaranthus tenuifolius Willd.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

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.

HABITAT

A tropical plant. It grows near Chennai. It grows on the Deccan in India.

NOTES

There are about 60 Amaranthus species.
Possibly Amaranthus blitum several different authorities.
Amaranthus tenuifolius Willd. is an accepted name.

REFERENCES

Balkrishna, A., et al, 2022, Indigenous Uses of Plants among Forest-dependent Communities of Seijosa, Arunachal Pradesh. International Journal of Economic Plants 2022, 9(1):064-080

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

Rahangdale, D. R. & Rahangdale, S.S., 2014, Potential Wild Edible Plant Resources from Maharashtra: Future Prospects for their Conservation and Improvement. Life Sciences Leaflets ISSN 0976-1098

SHORTT

Singh, V. and Singh, P., 1981, Edible Wild Plants of Eastern Rajasthan. J. Econ. Tax. Bot. Vol 2 pp 197-207

Sp. pl. 4(1):381. 1805 (As Willd.)

WATT, (As Mengea tenuifolia)

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/73f4e0fe-cc67-45cb-8aa2-dbbea7bae0a8