PLANT FACT SHEET

Chenopodium incisum Poir.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Foetid goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten raw or cooked.
The seeds are ground into flour and used in bread and dumplings.
Caution: It can contain saponins. These are poorly absorbed. The seeds should be soaked overnight then rinsed.

DESCRIPTION

An annual herb. It grows 20-90 cm tall.

HABITAT

It grows in temperate and subtropical places. In the tropics it grows up to 1,800 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed. Seed germinate easily and quickly.

NOTES

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

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/76263245-688f-4d00-82b5-a0cbc911c9c3