PLANT FACT SHEET

Chenopodium berlandieri Miq.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Berlandier's lamb's quarters, Bacon weed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, bud

The leaves are eaten. They are fried in butter with onion. Young leaves can be used in salads.
The seed heads are eaten.
The seeds are used for meal for bread or porridge.

DESCRIPTION

A herb. It is upright and can be 3 m tall. The leaves have teeth along the edge and the lower leaves have lobed. The seeds have a honey comb pitted surface. There are some named cultivated varieties.

HABITAT

It is a temperate and subtropical plant. Temperatures need to be above 10°C. It needs full sunlight and good soil. It can grow in arid places.

PRODUCTION

Cultivation

It is grown from seed. Seedlings can be transplanted.

Harvesting and Seed Production

It grows rapidly.

NOTES

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

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 870

Amer. J. Bot. 66:205. 1979 (As Chenopodium berlandieri subsp. nuttalliae)

Arellanes, Y., et al, 2013, Influence of traditional markets on plant management in the Tehuacan Valley. Journal of Ethnobiology and Ethnomedicine 9:38

Caballero, J. N., & Mapes, C. S., 1985, Gathering and Subsistence Patterns among the P'urhepecha Indians of Mexico. J. Ethnol. 5(1): 31-47

Camou-Guerrero, A., et al, 2008, Knowledge and use Value of Plant Species in a Raramuri Community: A Gender Perspective for Conservation. Human Ecology, 36:259-272

Casas, A., et al, 1996, Plant Management Among the Nahua and the Mixtec in the Balsas River Basin, Mexico: An Ethnobotanical Approach to the Study of Plant Domestication. Human Ecology, Vol. 24, No. 4 pp. 455-478

Chenop. monogr. enum. 23. 1840

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 75

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 76

Farfan, B., et al, 2007, Mazahua Ethnobotany and Subsistence in the Monarch Butterfly Biosphere Reserve, Mexico. Economic Botany 61(2) 2007, pp 173-191

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 18 (As Chenopodium berlandieri subsp. nuttalliae)

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 264 (As Chenopodium berlandieri var. nuttalliae)

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1841 (As Chenopodium

Farfan, B., et al, 2007, Mazahua Ethnobotany and Subsistence in the Monarch Butterfly Biosphere Reserve, Mexico. Economic Botany 61(2) 2007, pp 173-191 (berlandieri subsp. nuttalliae)

Luna, A. G., et al, 2025, Food beyond the farm: significance of noncrop plants and mushrooms for food security of highland farming communities in Veracruz, Mexico. Chapter 14 in Agroecology of Edible Weeds and Noncrop Plants

Manzanero-Medina, G. I., et al, 2020, Ethnobotany of food plants (quelites) sold in two traditional markets of Oaxaca, Mexico. South African Journal of Botany. 130 (2020) 215-223 (As Chenopodium berlandieri subsp. nuttalliae)

Mapes, C. & Basurto, F., 2016, Biodiversity and Edible Plants of Mexico. Chapter 5 in R. Lira, et al. (eds.), Ethnobotany of Mexico, Ethnobiology, Springer. p 111

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 182

Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 8

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (Also as Chenopodium berlandieri subsp. nuttalliae)

Rangel-Landa, S., et al, 2017, Sociocultural and ecological factors influencing management of edible and non-edible plants: the case of Ixcatlan, Mexico. Journal of Ethnobiology and Ethnomedicine. 13:59

Smith, N., Mori, S.A., et al, 2004, Flowering Plants of the Neotropics. Princeton. p 98 (As Chenopodium berlandieri subsp. nuttalliae)

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 65

USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) (As Chenopodium berlandieri subsp. nuttalliae)

van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 129, 130 (As Chenopodium berlandieri subsp. nuttalliae)

Vieyra-Odilon, L and Vibrans, H., 2001, Weeds as Crops: The Value of Maize Field Weeds in the Valley of Toluca, Mexico. Economic Botany 55(3):426-443

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 168

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/89fb56c7-939a-49df-9982-0e3e66c86369