PLANT FACT SHEET

Chenopodium simplex (Torr.) Raf.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Giant-seed Goosefoot, Mapleleaf Goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are used as a potherb or in salads.
The seeds can be ground into a meal.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

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

REFERENCES

Kermath, B. M., et al, 2014, 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. On line draft. p 219

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

Repert. Spec. Nov. Regni Veg. 26:144. 1929 (As Chenopodium gigantospermum)

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9c9f853d-61fd-4170-9262-8163f01fcd22