PLANT FACT SHEET

Amaranthus arenicola I. M. Johnst.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Sand amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten as a vegetable.
The seeds are cooked as a grain.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

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 50

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/a8f3f4d0-e67b-4661-9e01-42dc2527ad4b