



PLANT FACT SHEET

Amaranthus graecizans Linn.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Spreading pigweed, Mat Amaranth, Mediterranean amaranth

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Vegetable

The leaves and seeds are eaten cooked. The seeds can be ground and made into flat bread.

CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

The plant will cause diarrhoea if eaten in large amounts.

DESCRIPTION

An annual plant growing up to 50 cm high. The plant is sprawling over the ground. It has a taproot. The branches do not have hairs. The flowering shoots are leafy. The flowers are in small clusters. They are greenish.

HABITAT

It is a Mediterranean and tropical plant. Tasmania Herbarium. In Ethiopia it grows from 900-2,380 m altitude. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seed if the soil is warm. Seeds are small and grow easily. They need to be planted near the soil surface. Cuttings of growing plants root easily.

Harvesting and Seed Production

It grows after rain and the first leaves can be harvested after 12 days.

NOTES

There are about 60 *Amaranthus* species.

Plant in Tasmania is probably *Amaranthus graecizans* subsp. *silvestris*.

PICTURES



Credit: Food Plants International (Bruce French)

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