PLANT FACT SHEET

Amaranthus viridis L.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Green amaranth, Slender amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable, Flowers

The young leaves and seeds are cooked and eaten.
The harvested leaves can only be stored for 2-3 days.
The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

A herb 10-75 cm high. The stems are branched and angular and without hairs. The leaves are alternate and not quite rectangular in shape. The leaves are 3-9 cm long by 2-6.5 cm wide. The leaf stalk is 2.5-6.5 cm long. The flowers occur in a clustered flower head. These occur in the axils of leaves. The flower heads form a spike at the end of the branches. This spike is 2.5-12 cm long. The flowers are green with male and female flowers together. The fruit is a small almost round capsule. It is 1.2-1.5 mm across. The seed are shiny black and 1 mm across.

HABITAT

It is a tropical plant. It also grows in temperate places. It is common in open waste places. In Nepal it grows to about 1400 m altitude. It can grow in arid places. In Java it grows up to 500 m above sea level. It grows best with temperatures between 23-30°C. In Yunnan.

PRODUCTION

Cultivation

It can be grown from seed or cuttings. Seeds grow easily.

NOTES

There are about 60 Amaranthus species. As dry leaf with no moisture basis, 100g of leaves contains 283 calories, 34.2g protein, 5.3g fat, 44.1g carbohydrate, 6.6g fibre, 16.4g ash, 2243 mg calcium, 500 mg phosphorus, 27 mg iron, 336 mg sodium, 2910 mg potassium, 50 mg vitamin A, 0.07mg thiamine, 2.43 mg riboflavin, 11.8 mg niacin and 790 mg ascorbic acid.
The seed contains 14 - 16% protein and 4.7 - 7% fat
Chemical composition (after Hooper): Fat = 3.76% (dry). Albumenoids = 26.36% (dry). Carbohydrates = 38.12% (dry. Fibre = 10.04% (dry). Ash = 22.72% (dry). Nitrogen = 4.06% (dry). Phosphoric acid = 1.09% (dry). Silicates = 2.84% (dry). It is high in proVitamin A.

PICTURES



Credit: Food Plants International (Bruce French)

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