PLANT FACT SHEET

Amaranthus blitoides S. Watson

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Mat amaranth, Creeping amaranth

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The leaves are used as a vegetable.

DESCRIPTION

A herb. It grows 15-50 cm tall. The stems are greenish white. Stems divided from the base. The leaves are dense and 1-3 cm long by 3-10 mm wide. The leaf base is wedge shaped. The flowers are in clusters in the axils of leaves. The seeds are about 2 mm across.

HABITAT

A temperate plant. In Argentina it grows between 2,900-3,000 m above sea level. It can grow in arid places.

NOTES

There are about 60 Amaranthus species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bb8a5893-0ffc-4aee-b311-1133e62be571