PLANT FACT SHEET

Amaranthus campestris Willd.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Love lies bleeding

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves and young plant are eaten cooked.
The seeds are ground into flour and used to make bread.
CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual plant. Male and female flowers are separate but on the same plant.

HABITAT

A tropical plant. It can grow on a range of well drained soils. It needs sun and moisture.

PRODUCTION

Cultivation

Plants can be grown from seed if the soil is warm. Seeds are small and grow easily. Cuttings of growing plants root easily.

NOTES

There are about 60 Amaranthus species.

REFERENCES

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Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 47

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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/bdc534b5-08ab-4708-8556-90fee388298d