PLANT FACT SHEET

Amaranthus blitum subsp. oleraceus (L.) Costea

GENUS *Amaranthus* **FAMILY** Amaranthaceae

COMMON NAMES Slender Amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

Leaves are eaten as a green vegetable, after cooking.

DESCRIPTION

A herb which can be erect or hang over. It is 80 cm tall. The stems are angular and curve in a zigzag manner. They often branch from the base upwards. The leaves are oval and 1-3 cm long by 0.3-1.5 cm wide. The leaves are wedge shaped at the base and have a sharp point at the tip. The leaf stalk is 0.3-2.5 cm long. The side veins can be clearly seen under the leaf. The leaves are without hairs but are sometimes tinged with purple. The flower spikes can be 1-10 cm long and have side clusters. The fruit are smooth and pale. Seeds are 1-1.2 mm across.

HABITAT

A tropical plant. It occurs world wide in the tropics. In Papua New Guinea it grows best between 1,200 and 2,000 m altitude. In Nepal it grows between 1500-2300 m altitude.

PRODUCTION

Cultivation

Mostly plants are self sown. Plants can be grown from seed.

NOTES

There are about 60 Amaranthus species.

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