PLANT FACT SHEET

Chenopodium fremontii S. Watson

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Fremont's Lamb's quarters, Desert lambsquarters

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The seeds are used for bread or porridge.
The leaves are cooked and eaten as a vegetable.

DESCRIPTION

An annual herb. It grows 50-80 cm tall. It has a powdery coating. The leaves are 4 cm long. They are oval or triangle shaped and have a few lobes. The flowering shoot is a spike with tightly packed small flowers. Each flower has 5 lobes.

HABITAT

It is a temperate plant. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 100-150-250 Chenopodium species. They are mostly in temperate regions.
Also put in the family Chenopodiaceae.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c1821de0-9d09-4480-aabd-aa98008db2d6