PLANT FACT SHEET

Chenopodium californicum (S. Watson) S. Watson

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES California goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The seeds are used for flour.
The leaves and shoot are cooked as a vegetable.

DESCRIPTION

A herb. It keeps growing from year to year. It can grow 1 m tall. It can have many stems and form a mat. The leaf stalks are long. The leaves are sword shaped or arrowhead shaped. They are 10 cm long. There are sharp teeth along the edges. The flowers are in round clusters dotted along a flowering stalk. Each cluster has sveral flowers. Flat lobes of the flower cover the fruit.

HABITAT

It is a Mediterranean climate plant. It grows up to 2,000 m above sea level.

NOTES

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

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d149ae81-253f-4cb9-8815-b922f13aa4b4