



PLANT FACT SHEET

Amaranthus thunbergii Moq.

GENUS *Amaranthus* FAMILY Amaranthaceae

COMMON NAMES Thunberg's Pigweed, Thunberg's Amaranth

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves are edible cooked. They are also dried and stored.

The seeds are ground into flour and cooked.

CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual herb growing 50 cm high. The plant usually sprawls along the ground. The leaves are simple and arranged in spirals. The leaf stalk is 4 cm long. The leaf blade is spoon shaped and 2-5 cm long by 1-3 cm wide. They are wedge shaped at the base. The flowering shoots are leafy. The flowers have prickly hair-like points. The flowers are green in clusters in the axils of leaves.

HABITAT

A tropical plant. It suits hot and arid places. It is often in places with a marked dry season. In Zimbabwe it grows up to 1,400 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds. Seeds should be sown shallowly and emerge in 3-5 days. Repeated harvesting stimulates the continued growth of new shoots.

NOTES

There are about 60 *Amaranthus* species.

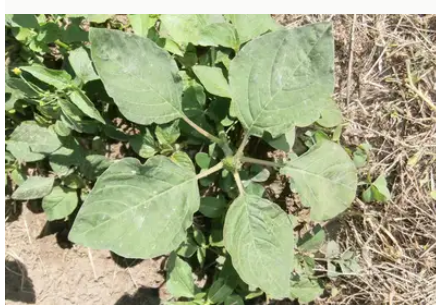
PICTURES



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