PLANT FACT SHEET

Chenopodium capitatum (L.) Asch.

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Strawberry blite, Beetberry, Elite, Strawberry spinach

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Seeds

The red fruit can be eaten. They are tasteless but nutritious. They can be boiled and seasoned. The fruit can be used as a red dye for other foods.
The leaves are edible cooked. Young leaves are used in salads.

DESCRIPTION

An annual plant that looks like "fat hen" in appearance. It grows 20-40 cm high. The stems are smooth and erect. The leaves are alternate and dark-green. The flowers are in round heads without stalks. In the axils of leaves it has red fruit. They are berry-like and juicy.

HABITAT

It is a temperate plant. It grows in waste ground and recently burnt clearings. It grows in wet ground in the Rocky Mountains.

PRODUCTION

Cultivation

The plant self seeds easily.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f53f44dd-3299-4a46-a99f-0684adf3018d