PLANT FACT SHEET

Amaranthus polygamus L.

GENUS *Amaranthus* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable

The leaves and seeds are edible cooked.
CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these are poisonous.

DESCRIPTION

An annual plant. It grows 10-20 cm tall. It has long branches that tend to lie along the ground. The leaves are 7-18 mm long. It has a small black seed.

HABITAT

It is a tropical plant. It is damaged by frost.

PRODUCTION

Cultivation

Plants can be grown from seed. Plants can be grown from cuttings. Plucking out the stem tips encourages branching and more leaves.

NOTES

There are about 60 Amaranthus species. Chemical composition (after Hooper): Water (fresh) = 53.30% (dry). Fat = 3.45% (dry). Albumenoids = 21.77% (dry). Carbohydrates = 39.02% (dry). Fibre = 10.36% (dry). Ash = 25.40% (dry). Nitrogen = 3.48% (dry). Phosphoric acid = 1.52% (dry). Silicates = 6.90% (dry).

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