PLANT FACT SHEET

Chenopodium opulifolium Schrad. ex Koch et Ziz

GENUS *Chenopodium* **FAMILY** Amaranthaceae

COMMON NAMES Roundleaf fat hen, Gray goosefoot

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The young leaves are cooked and eaten as a vegetable. They are mixed with other vegetables.
They are also used as a relish.
Salt can be made from the plant.

DESCRIPTION

An annual herb. It grows 3 m high. The leaves have a mealy covering. The leaf blade is 15-20 mm long. They are oval and can have almost square lobes. The seeds are black and shiny. They are 1.5 mm across.

HABITAT

It grows in temperate and tropical places. It grows between 760-2,300 m above sea level. It can grow in arid places.

PRODUCTION

Cultivation

Plants can easily be grown by seed.

Harvesting and Seed Production

Leaves are collected during the rainy season.

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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