



Amaranth

(*Amaranthus* spp.)

Nutrition and cooking:

Leaf and tender stems are rich in vitamins A, C, E, B₂, folic acid, calcium, iron and protein. They can be eaten boiled, steamed, stir-fried, as soup, stewed or pureed.

Characteristics:

Amaranth grows rapidly under hot-wet and full sunlight conditions, with few pest and disease problems. The optimum temperature is 20-30°C for germination and 25-35°C for growth. It adapts to different kinds of soil conditions and tolerates heat and drought, but not cool temperatures.

Cultivation instructions:

Directly broadcast the seeds to the field and cover with fine soil.

The seeds germinate 2-3 days after sowing. Thinning is required for better growth. The spacing is 10 cm between rows and between plants. Amaranth is tolerant to drought, but adequate water during growing periods can produce better quality and higher yield. The plant height reaches 20-25 cm in 20-25 days after sowing. Plants can be uprooted or 50% of foliage and tender stem can be cut repeatedly every 1-2 weeks at 15-20 cm above ground surface until flowering.



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