

Amaranth

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Botanical name: *Amaranthus* spp. of the AMARANTHACEAE (Amaranth) family

Other names: Tampala, Chinese Spinach, Een Choy

Tropical summary

An erect growing annual ground herb, widely grown throughout the tropics for its nutritious leaves and large amounts of small seeds. A good wet season green.

Grows best in fertile, well drained soils that are slightly acid (pH between 5.5 and 7.5). Regular applications of Nitrogen rich fertilizer or well rotted compost and regular watering will encourage large tender leaves. Shoot tips and leaves are usually eaten cooked.

Planted by seeds into pots or fine seed beds then trans-planted to garden beds after they reach 10 cm. Various species are useful and numerous selections are available.

Leaf eating insects can cause damage, particularly to tender leaf selections.



Further information on horticulture

DPI&F Business information centre on 13 25 23 – local call 8 am to 6 pm Monday to Friday, excluding public holidays. (non-Queensland residents, phone 07 3404 6999) E-mail callweb@dpi.qld.gov.au

Gardening in the tropics

This information series is aimed at promoting gardening activities in Cape York Peninsula. The crop plants and gardening techniques outlined have been chosen

with the specific requirements and constraints of the Cape York Peninsula Area in mind.

Disclaimer

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