

Amaranth



Description

Amaranth, this leafy vegetable, can be grown all year round! Its decorative qualities and edible leaves and seeds are highly appreciated.

However, the leaves should be eaten in moderation, as they are rich in oxalic acid. In high doses, this acid can have harmful effects on the body. The seeds, on the other hand, are rich in proteins, carbohydrates and lipids.

Watering



Water regularly to keep the soil fresh.



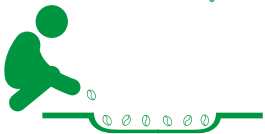
Keep the soil moist between waterings.

Sowing

1



Sow in rows: dig furrows 2 to 3 cm deep, 20 cm apart. Place seeds and cover with soil. Water in fine rain.



2



As soon as 3-4 leaves appear, keep only the most vigorous plants.

Harvest



Harvesting takes place on average 30 days after sowing, when the plants have reached a height of 20 to 25 cm.

Maintenance

Remove wilted leaves as you go along, to encourage the crop to flower.

Weeding regularly.

Tips

A number of plants can be combined with amaranth to protect it from pests and ensure their growth: sage, cardoon and also flowers.

Companion plants ✓

