

# EDIBLE RED LEAF AMARANTH

## AMARANTHUS TRICOLOR



EXOTIC LOOKING AND NUTRITIOUS, THE LEAVES OF THIS AMARANTH ARE EXCELLENT FOR SALADS, SAUTÉED, OR STEAMED AND HAVE A MILD FLAVOR SIMILAR TO SPINACH. A HEAT LOVER, IT WILL PROVIDE YOU WITH GREENS THROUGH THE SUMMER WHEN MANY GREENS PLANTS STRUGGLE. HARVEST OFTEN, AS THE YOUNG LEAVES HAVE THE BEST FLAVOR THE SEEDS ARE EDIBLE AS WELL, AND CONTAIN A VERY HIGH AMOUNT OF PROTEIN. THEY CAN BE HARVESTED BY ALLOWING THEM TO MATURE ON THE PLANT, AND SHAKING THE WHOLE PLANT INTO A PAPER BAG. THIS

SUN TO PART SHADE

ANNUAL

