



# SPEC AMARANTH

AMARANTHUS SP

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QUINOA QUALITY APS  
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# Amaranth cultivars

The cultivated species of amaranth (*Amaranthus* sp.) originate from Latin America, where the plant has been a major source of food for thousands of years. The cultivated species are often called grain amaranths, and belong to the species *Amaranthus hypochondriacus*, *A. caudatus* and *A. cruentus*. Other species are common weeds, both in the USA and in Africa, but they have nothing to do with the cultivated amaranth

*Amaranthus hypochondriacus*  
cv. **Maria**



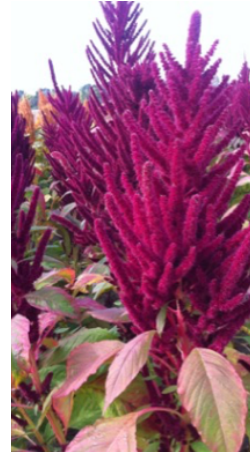
*Amaranthus caudatus*  
cv. **Cecilia**



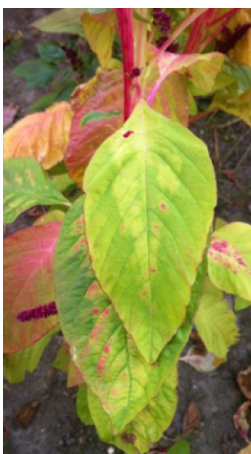
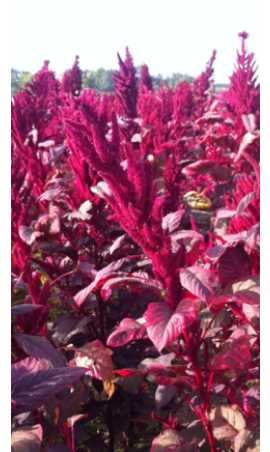
*Amaranthus cruentus*  
cv. **Françoise**



*Amaranthus hypochondriacus*  
cv. **Katia**



*Amaranthus hypochondriacus*  
cv. **Inessa**



Green turning red  
leaves and dark  
magenta panicle



Green+red  
pigments in  
leaves and non-  
erected pink  
panicle



Light green-  
yellow  
leaves, and  
yellow -light  
orange panicle



Green to pink  
leaves and dark  
magenta panicle



Red leaves and  
dark red panicle



## Technical specs

Seed weight, mg	Seed colour	Flower colour
1.0	White, red, black, mixed	Light yellow, gold, green, red

Leaf colour	Growth duration, days
Light green to dark red, also with patterns	150-180

## Nutritional value

Amaranth is a protein rich crop (12-17%) with optimal amino acid composition for human nutrition due to the content of lysine and other sulfur-containing amino acids.

It is also gluten-free. It is related to quinoa, but unlike quinoa seeds, amaranth seeds do not contain bitter saponins.



# Cultivation instruction

Amaranth can succeed on most soil types, but prefers a well-structured and well-drained seedbed.

Amaranth is sensitive to frost, and a hot seedbed is required especially during the sprouting process. Amaranth succeeds well in dry conditions.

Climate zone	Europe (n to s), Asia, Africa, South America
Establishment	Clean, humid seedbed
Sowing date	April
Sowing depth	1.5 cm
Row spacing	25-50 cm
Sowing rate	1 kg/ha
Weed control	Mechanical or chemical
Fertilizer	45-90 kg N, 30 kg P, 30 kg K
Diseases and pests	Few problems if any
Harvest	Direct combining
Harvest time	Sep-Oct. Amaranth plant does not mature and dry before frost, which can make harvesting difficult. The best harvest time is when seeds are mature
Post harvest	Dry immediately after harvest, clean, dehull
Yield	1-3 t/ha



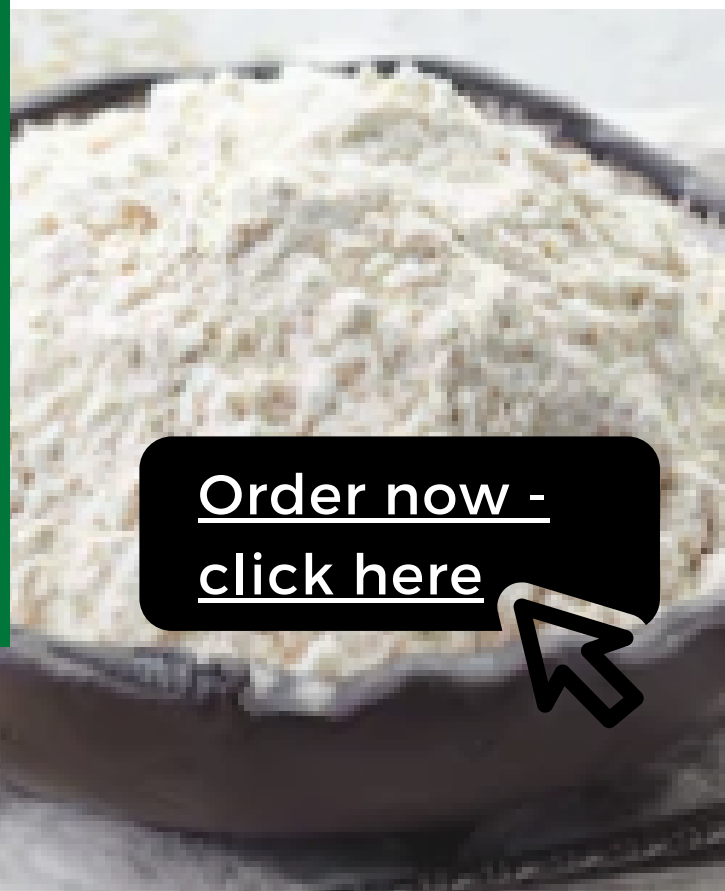
# USES

The seeds, which are less than 1 mm in diameter, can be ground into flour and used for making bread, biscuits and cakes, or the seeds can be boiled, spiced, popped or otherwise used in cooking.

The leaves can also be used as a leafy vegetable. Focus is always taste, functionality and nutrition.



Jacobsen, S-E. 2020.  
Amaranth spec. From  
[www.quinoaquality.com](http://www.quinoaquality.com), 5 p.



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