



Seeds: Harvest seed when flower heads are starting to dry out and dry seed in shade. Keep properly dried seeds in a closed container to avoid damage by insects.

Soil preparation: Prepare the soil well and mix with cattle, chicken or compost manure at a rate of one bucket per one metre squared or 1-2 teaspoons mineral compound fertilisers per meter in rows. Nurseries should be in flat areas, with fertile soils and near to the water sources but not in shaded areas.

Sowing: Sow seeds in seedbeds or broadcast in the field. Mix seed with sand at a ratio of 1 part to 2 parts and sow at a depth of 1/2 to 1 centimetres in rows or broadcast directly in the field. Cover the seeds with a thin layer of soil followed by watering.

Transplanting: The seedlings will be ready for transplanting after 3-5 weeks when they have four true leaves (15 centimetres).

Crop management: Optimal spacing is 10x10 centimetres for uprooting and 20x20 centimetres for ratoon cropping.



Weed whenever necessary. Water plants regularly because plants that suffer from drought will begin to flower and stop producing leaves.

Harvest by uprooting the whole plant/seedlings after 4-5 weeks. For a ratoon crop, pluck shoots when needed. This stimulates development of strong new shoots. Farmers may grow either a sole crop or a mixed stand with other crops.

Pest and disease: The most common diseases are damping off, leaf and stemrot. The most common pests are caterpillars, stem borers and aphids.



Amaranth leaves

(Amaranth is prepared like this in various African countries.)

Ingredients

2 bunches of amaranth (3-4 cups)
1 medium onion (chopped)
1 tablespoon of oil / butter / margarine
1 medium tomato (chopped)

Water

Salt to taste

Seasoning (optional)

Procedures

- Remove the leaves from the stalks and clean them
- Boil the water and add salt to taste
- Blanch the vegetables and remove them from the water as soon as it begins to boil
- Rinse in cold water
- Cut the amaranth, heat the butter and fry the onions lightly, do not let them turn brown
- Add the vegetables and stir to prevent from burning. Cook for 3 minutes
- Add the chopped tomatoes and cook for 1 minute
- Add seasoning of your choice
- Serve with stew and starch accompaniment

Amaranth fritters

(Recipe from KwaZulu Natal Department of Agriculture, South Africa)

Ingredients:

2 cups amaranth leaves
2 teaspoons baking powder
¼ cup flour
1 teaspoon salt
1 finely diced onion
1 finely diced sweet pepper
1 finely diced (sweet) potato
½ cup grated cheese
½ cup minced meat
Oil for frying (not more than ¼ cup)

Method:

- Sort tender leaves of amaranth, wash and cut in small pieces
- Mix the dry ingredients
- Add other ingredients and form a soft dough
- Heat just enough oil in pan for frying
- Scoop spoonfuls in a pan with oil to fry until golden brown
- Excess oil can be drained on paper towels or brown paper

Variations:

Onion, sweet pepper, (sweet) potato cheese or minced meat can be replaced by other finely diced vegetables



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