











Appel de 2017 \*\* Aidez PFAF à devenir tropical! Notre grand projet pour 2017 consiste à étendre notre base de données en ajoutant 500 autres plantes utiles sélectionnées qui poussent dans des conditions tropicales. C'est un projet majeur pour nous et nous avons besoin de vos dons pour le compléter. Lire la suite >>



À propos de nous Explorer Boutique Fournisseurs Faire un don



## Amaranthus tricolor - L.

<b>Nom commun</b>	Épinards chinois, manteau de Joseph, Plante fontaine, Tampala, Poinsettia d'été
<b>Famille</b>	<b>Amaranthaceae</b>
<b>Rusticité USDA</b>	Arrive bientôt
<b>Dangers connus</b>	 <p>Aucun membre de ce genre n'est connu pour être toxique, mais lorsqu'il est cultivé sur des sols riches en azote, on sait qu'ils concentrent les nitrates dans les feuilles. Ceci est particulièrement perceptible sur des terres où des engrais chimiques sont utilisés. Les nitrates sont impliqués dans les cancers de l'estomac, les bébés bleus et d'autres problèmes de santé. Il n'est donc pas conseillé de manger cette plante si elle est cultivée inorganiquement.</p>
<b>Habitats</b>	Une plante largement cultivée, on ne le sait pas dans une situation vraiment sauvage.
<b>Gamme</b>	Asie tropicale
<b>Évaluation de l'édiabilité</b>	 
<b>Autres utilisations</b>	
<b>Potentiel de mauvaises herbes</b>	Non
<b>Cote médicamenteuse</b>	 
<b>Se soucier</b>	   



<http://www.biolib.de/>



<http://www.biolib.de/>

### Résumé

Bloom Couleur: Rouge. Temps principal de la floraison: début de l'été, fin de l'été, mi-été. Forme: pyramidale, vertical ou érigé.

### Caractéristiques physiques



Amaranthus tricolor is a ANNUAL growing to 1 m (3ft 3in) by 0.5 m (1ft 8in) at a medium rate.

It is hardy to zone (UK) 5 and is not frost tender. It is in leaf 10-Apr It is in flower from Jun to August, and the seeds ripen from Jul to September. The flowers are monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and are pollinated by Wind, self. The plant is self-fertile.

Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and prefers well-drained soil. Suitable pH: acid, neutral and basic (alkaline) soils and can grow in very acid soils. It cannot grow in the shade. It prefers moist soil.

## Synonyms

A. gangeticus. L. A. melanocholicus.

## Habitats

Cultivated Beds;

## Edible Uses

Edible Parts: [Leaves](#); [Seed](#); [Stem](#).

Edible Uses:

Leaves - raw or cooked. Often used at the young seedling stage[2, 46, 61], they are also cooked as a spinach and have a very mild flavour[183]. An excellent hot weather substitute for spinach[183]. The leaves contain about 3.5% protein, 0.25% fat, 6.6% carbohydrate, 3.1% ash, 24mg iron per 100g, 464mg calcium per 100g, they are rich in vitamin A and have a fair content of vitamins B1 and C[179]. On a zero moisture basis 100g of the leaves contains up to 2441mg calcium, 1008mg phosphorus, 51mg iron, 34mg sodium, 4475mg potassium, 37,623 micrograms beta-carotene equivalent, 0.68mg thiamine, 2.37mg riboflavin, 11.48mg niacin and 730mg ascorbic acid[218]. The crisp interior of large stems makes a tasty vegetable[183]. It can be eaten raw or cooked as an asparagus substitute[2, 61]. Seed - cooked[22, 177]. Very small, about 1mm in diameter[266], but easy to harvest and very nutritious. The seed can be cooked whole, and becomes very gelatinous like this, but it is rather difficult to crush all of the small seeds in the mouth and thus some of the seed will pass right through the digestive system without being assimilated[K]. The seed contains saponins[218]. If this is the case it is probably best to either soak the seed for at least 12 hours and then rinse thoroughly before cooking or to give the seed a long slow cooking in order to destroy the saponins[K].

## Composition

Figures in grams (g) or milligrams (mg) per 100g of food.

### Leaves (Dry weight)

- 0 Calories per 100g
- Water : 0%
- Protein: 0g; Fat: 0g; Carbohydrate: 0g; Fibre: 0g; Ash: 0g;
- Minerals - Calcium: 2441mg; Phosphorus: 1008mg; Iron: 51mg; Magnesium: 0mg; Sodium: 34mg; Potassium: 4475mg; Zinc: 0mg;
- Vitamins - A: 37623mg; Thiamine (B1): 0.68mg; Riboflavin (B2): 2.37mg; Niacin: 11.5mg; B6: 0mg; C: 730mg;
- Reference: [ ]
- Notes:

## Medicinal Uses

*Plants For A Future can not take any responsibility for any adverse effects from the use of plants. Always seek advice from a professional before using a plant medicinally.*

### Astringent.

The whole plant is astringent[240]. A decoction of the root is used with Cucurbita moschata to control haemorrhage following abortion[218]. A decoction of very old plants is taken internally to improve vision and strengthen the liver.

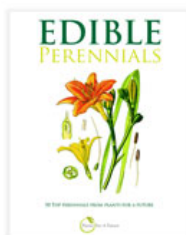
## Other Uses

### Dye.

Yellow and green dyes can be obtained from the whole plant[168].

# New Book

50 Top perennials from  
Plants For A Future.



LEARN MORE >>

## Cultivation details

Landscape Uses:Border, Container, Foundation, Specimen. Prefers a light well-drained fertile soil in a sunny position[200, 206], though it does succeed in heavier soils[206]. Tolerates fairly acid soils[206]. Tolerates a pH in the range 4.3 to 7.8. This is basically a tropical plant and so requires a hot sheltered position in temperate climates if it is to do well[206, K]. Plants should not be given inorganic fertilizers, see notes above on toxicity. A polymorphic species[1], it is often cultivated for its edible leaves, there are many named varieties[206]. This species is often cultivated in Asia for its edible leaves and seed[46, 58]. It is a very ornamental plant and is often grown in the flower garden[200]. Most if not all members of this genus photosynthesize by a more efficient method than most plants. Called the 'C4 carbon-fixation pathway', this process is particularly efficient at high temperatures, in bright sunlight and under dry conditions[196]. Special Features:Attractive foliage, Edible, Suitable for cut flowers, Suitable for dried flowers.

## Propagation

Seed - sow late spring in situ. An earlier sowing can be made in a greenhouse and the plants put out after the last expected frosts. Germination is usually rapid and good if the soil is warm[133]. A minimum soil temperature of 10°C is required for germination, germination is better at temperatures above 20°C[206]. A drop in temperature overnight aids germination[133]. Cuttings of growing plants root easily[206].

## Other Names

## Found In

## Weed Potential

Right plant wrong place. We are currently updating this section. Please note that a plant may be invasive in one area but may not in your area so it's worth checking.


## Conservation Status

IUCN Red List of Threatened Plants Status :



## Related Plants

Latin Name	Common Name	Edibility Rating	Medicinal Rating
<a href="#">Amaranthus albus</a>	Prostate Pigweed	2	0
<a href="#">Amaranthus bidentata</a>		2	1
<a href="#">Amaranthus blitoides</a>	Mat Amaranth	2	0
<a href="#">Amaranthus blitum</a>	Slender Amaranth, Purple amaranth	4	1
<a href="#">Amaranthus campestris</a>		2	1
<a href="#">Amaranthus caudatus</a>	Love Lies Bleeding	4	1
<a href="#">Amaranthus cruentus</a>	Purple Amaranth, Red amaranth	4	0
<a href="#">Amaranthus diacanthus</a>		2	0
<a href="#">Amaranthus dubius</a>	Spleen Amaranth	2	0
<a href="#">Amaranthus frumentaceus</a>		2	0
<a href="#">Amaranthus graecizans</a>	Spreading Pigweed, Mediterranean amaranth	2	0
<a href="#">Amaranthus hybridus</a>	Rough Pigweed, Slim amaranth	4	1
<a href="#">Amaranthus hypochondriacus</a>	Prince's Feather, Prince-of-wales feather	4	3
<a href="#">Amaranthus mangostanus</a>		2	0
<a href="#">Amaranthus mitchellii</a>	Boggabri Weed	2	0
<a href="#">Amaranthus pallidiflorus</a>		2	0
<a href="#">Amaranthus palmeri</a>	Careless Weed	2	0
<a href="#">Amaranthus polygamus</a>		2	1
<a href="#">Amaranthus polystachyus</a>		2	0
<a href="#">Amaranthus powellii</a>	Powell's Amaranth	2	0
<a href="#">Amaranthus quitensis</a>	Ataco	2	0
<a href="#">Amaranthus retroflexus</a>	Pigweed, Redroot amaranth, Wild Beet	3	2
<a href="#">Amaranthus spinosus</a>	Spiny Amaranth	2	3
<a href="#">Amaranthus standleyanus</a>	Indehiscent Pigweed	2	0
<a href="#">Amaranthus tenuifolius</a>		2	0
<a href="#">Amaranthus thunbergii</a>	Thunberg's Pigweed, Thunberg's amaranthus	2	0
<a href="#">Amaranthus torreyi</a>	Torrey's amaranthus	2	0
<a href="#">Amaranthus viridis</a>	Calalu, Slender amaranth	3	2

 **Plant Suppliers:** Click here for a [List](#)



You can download this page as a PDF

Due to a fault in the PDF printer we are trying a few different options. Please try the one below

## Expert comment

### Author

L.

### Botanical References

200266

### Links / References

For a list of references used on this page please [go here](#)

### Readers comment

Elizabeth H.

**Dale Larson** Mon May 1 2006

Where can the seed for this plant be obtained? Dale Larson Rosendal@valkyrie.net

Elizabeth H.

**Pete McCallum** Wed Aug 23 2006

I found vegetable amaranth seeds in a local (Wheaton, MD) oriental grocery. Imported from Taiwan, the tiny, jet black seeds are labeled "Whiteleaf Amaranth" in two of the few words of English on the seed packet. They've germinated readily in containers in the central Maryland climate. Also, Rodale (Emmaus, Pa) has been developing and commercializing grain amaranth varieties for some 30 years.

Elizabeth H.

**Michelle** Sat Nov 11 2006

Found Amaranthus Gangeticus (also called "Elephant Head" Amaranthus) seeds being sold as an ornamental on eBay by a Canadian grower, and am growing them in my Texas garden. Very showy flowers!

[eBay](#) <http://stores.ebay.com/Josies-Gardens>

Elizabeth H.

**marian chodacki** Sat Jul 14 2007

I live in illinois and enjoy growing amaranthus, but have a problem, ones in a while one of them just goes soft on the stem and dies. Does anyone have an answer for me? i do grow them in the sun and they are staked. My e-mail is Marian@chodacki.com thank you

Elizabeth H.

**rashmi** Sun Apr 12 2009

available at [www.vreeken.nl](http://www.vreeken.nl)

### QR Code

#### What's this?



This is a QR code (short for Quick Response) which gives fast-track access to our website pages. QR Codes are barcodes that can be read by mobile phone (smartphone) cameras. This QR Code is unique to this page. All plant pages have their own unique code. For more information about QR Codes [click here](#).

1. Copy and print the QR code to a plant label, poster, book, website, magazines, newspaper etc and even t-shirts.
2. Smartphone users scan the QR Code which automatically takes them to the webpage the QR Code came from.
3. Smartphone users quickly have information on a plant directly for the [pfaf.org](http://pfaf.org) website on their phone.

### Add a comment/link

If you have important information about this plant that may help other users please add a comment or link below. Only comments or links that are felt to be directly relevant to a plant will be included. If you think a comment/link or information contained on this page is inaccurate or misleading we would welcome your feedback at [admin@pfaf.org](mailto:admin@pfaf.org). If you have questions about a plant please use the Forum on this website as we do not have the resources to answer questions ourselves.

\* Please note: the comments by website users are not necessarily those held by PFAF and may give misleading or inaccurate information.

To leave a comment please Register or login [here](#). All comments need to be approved so will not appear immediately.

**Subject : Amaranthus tricolor**






## Plant Uses

[Edible Uses](#)  
[Medicinal Uses](#)  
[Other Plant uses](#)  
[Woodland Gardening](#)  
[Why Perennial Plants?](#)  
[Top Edible Plants](#)  
[Top Medicinal Plants](#)  
[Garden Design](#)  
[Habitats](#)  
[Translations](#)

## Content

[Content Help](#)  
[Bookshop](#)  
[Support Us](#)  
[Blog](#)  
[Links](#)  
[Old Database Search](#)  
[Suppliers](#)  
[Contact](#)  
[About Us](#)  
[News](#)  
[Sign In](#)

## PFAF Newsletter



Stay informed about PFAFs progress, challenges and hopes by signing up for our free email ePost. You will receive a range of benefits including:

- \* Important announcements and news
- \* Exclusive content not on the website
- \* Updates on new information & functionality of the website & database

We will not sell or share your email address.

You can unsubscribe at anytime.

Toutes les informations contenues dans ces pages sont Copyright (C) Plants For A Future, 1996-2012. Plants For A Future est une société de bienfaisance limitée par garantie, enregistrée en Angleterre et au Pays de Galles.  
 Charité n ° 1057719, société n ° 3204567,  
 conception et gestion de sites [Web](#)

Ce travail est sous licence Creative Commons. Certaines informations ne peuvent pas être utilisées pour des raisons commerciales ou être modifiées (mais certaines peuvent). Veuillez consulter le lien de