

Amaranth

Amaranthus spp. · *Amaranth family*

DIFFICULTY Easy

TYPE Annual, direct sown, warm season

MATURITY 90–120 days for grain; leaves usable earlier



SUN
Full sun



WATER
Low–moderate,
drought-tolerant



SOIL PH
6.0–7.5



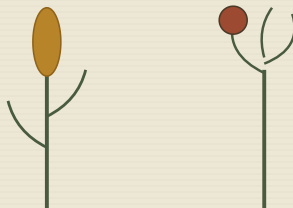
SPACING
20–30cm



DEPTH
0.5cm

01 Grain and leafy green in one plant

Amaranth is unusual in offering two harvests from one planting — pick young leaves as a nutritious green through the season, then let some plants mature fully for a grain harvest.



tall stalk crop, sown in rows or blocks

02 Planting

METHOD	Direct sow, surface sown, needs light to germinate.
SOIL	Tolerant of poor soil; free-draining preferred.
TIMING	Sow after frost risk passes.

04 Problems

- **Very few pests** — a hardy, easy crop.
- **Bird competition for grain** — net maturing seed heads if harvesting for yourself.
- **Self-seeding beyond bounds** — harvest before full seed drop if containment matters.
- **Waterlogging** — ensure reasonable drainage.

03 Growing care

- Thin as seedlings establish if grown densely for leaf.
- Water while establishing, then rely mostly on rainfall — quite drought-tolerant.
- Harvest leaves regularly from a portion of the crop.
- Let remaining plants mature fully for a grain harvest.

05 Harvest & storage

SIGNS	For grain: seed heads dry and seeds fall easily when rubbed. For leaf: pick young, tender leaves anytime.
METHOD	For grain: bend heads over a container and rub to release seed.
CURING	Dry seed thoroughly before storing.
STORAGE	Grain: airtight, cool, dark, many months. Leaves: fridge a few days.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Corn Beans	None major	Rotate loosely; not a heavy feeder.