

Quinoa

Chenopodium quinoa · *Amaranth family*

DIFFICULTY Moderate
TYPE Annual, direct sown, cool-mild season
MATURITY 90–120 days



SUN
Full sun



WATER
Low-moderate



SOIL PH
6.0–7.5



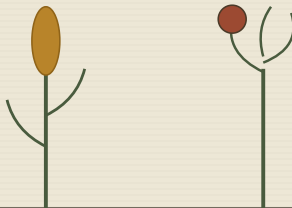
SPACING
20–30cm



DEPTH
1cm

01 Best in cooler zones

Quinoa generally performs better in cooler temperate climates with a mild growing season — hot, humid summers can reduce yield and grain quality.



tall stalk crop, sown in rows or blocks

02 Planting

METHOD	Direct sow once frost risk has passed.
SOIL	Well-drained, tolerates poor soil.
TIMING	Sow in spring in cool temperate zones.

04 Problems

- **Birds** — very attracted to ripening seed heads; net well.
- **Downy mildew** — humid conditions; improve airflow, best avoided by growing in the cooler season.
- **Poor performance in hot, humid summers** — best suited to cooler temperate zones.
- **Leaf miner** — occasional; largely cosmetic.

03 Growing care

- Thin as seedlings establish.
- Water moderately — avoid waterlogging.
- Net maturing seed heads against birds.
- Support tall plants in windy spots if needed.

05 Harvest & storage

SIGNS	Seed heads dry, leaves yellow and drop, seeds resist denting with a fingernail.
METHOD	Cut whole seed heads, dry further, then thresh.
CURING	Dry thoroughly, then rinse seed well before cooking to remove the natural bitter coating (saponin).
STORAGE	Airtight, cool, dark — keeps many months.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Beans Corn	None major	Rotate with legumes; avoid following other amaranth-family crops like beetroot/silverbeet.