



Amaranth

Plant in full sun, in fertile well-drained loamy soil. Before planting, apply a balanced organic fertiliser. Plant from spring to summer, and keep soil moist until the seedlings sprout.

Amaranth grows 1.2 metres to 2 metres tall, and may need staking to hold it upright when it becomes top heavy with seed clusters.

When seeds begin to fall away from the cluster when rubbed, it is time to harvest your crop.

Bend over seed heads into a large bucket and clip them off. Strip off the seeds and spread the cleaned seeds on screens or trays to finish drying indoors.

The seeds can be cooked similarly to rice and oats, and eaten as a pilaf or porridge. It can also be an added as interesting texture to baked goods or homemade granola. It has an earthy, nutty flavour.

ERINDALE COMMUNITY GARDEN