



## Amaranth Planting Guide

### About Amaranth

Amaranthus species are cultivated as leaf vegetables, pseudograins, or ornamental plants. It primarily serves as an annual ornamental with leaves and seeds that are edible and hold nutritional properties. Amaranth produces densely packed flowers in summer and autumn with striking pigments from maroon to crimson.

### When to Plant

Start seeds indoors 6-8 weeks before last frost or outdoors in early spring when the soil is warm.

### Where to Plant

Choose a well-draining soil with full sun exposure.

### How to Plant

Plant seeds about 10-12 inches apart and cover lightly with soil. They will germinate within 3-4 days if the temperatures are between 60-90 degrees F. When moving your seeds outside, sow them 1 1/2-2' apart.

### Caring for Amaranth

Amaranth is drought and heat resistant, so it is only necessary to water once or twice a week during dry periods. For taller plants, add fertilizer once or twice a year or add compost. Seeds from the flowers are usually ready for harvest after 3 months. To harvest, shake flower heads and catch the falling seeds. The edible leaves can also be harvested, just about any time throughout the season. When harvesting the leaves, be sure to leave the crown intact, as well as some leaves around the top, so that the plant may continue to grow. Or, you can cut the whole plant off at ground level when it is between 1-2' tall.