

Burgundy Amaranth

Amaranth



An important food of the ancient Mayans and Aztecs, amaranth is grown for its white seeds and beautiful leaves. This variety is striking! It is great in the cutting garden, growing to 6' tall with burgundy leaves, stems, and plumes. Young leaves are a beautiful addition to salads. The grain can be cooked like rice or popped like popcorn. It is gluten-free and a complete protein containing 13-15 g of protein per 100 g. Its leaves and seed contain important B vitamins, vitamin E, and almost all amino acids important for the human body (a “complete protein”). This plant is drought-tolerant and adaptable to marginal soils. Its strong long tap root can also be used to condition our heavy clay soils.