

Amaranth NZURI

Amaranthus sp



NZURI stands out from the 2 other green-leaved varieties in the TECHNISEM range because of its elongated, fleshy, slightly blistered leaves. This dark green variety has good regrowth after cutting and its late flowering means it can be harvested more often.



Plant

- Erect growth habit
- Height from 80 cm to 120 cm

Leaves

- Elongated
- Slightly blistered
- Thick
- Dark green

Consumption and nutrition

- Cooked (in local dishes)
- Rich in fibre, beta-carotene, vitamin C, iron and antioxidants

Cropping technique

- Can be grown all year round (irrigation during dry season)
- Direct sowing or in trays at a depth of 0.8 cm
- Lines 20 to 30 cm apart

Medicinal properties

- Indicated for fever, bleeding, anaemia and kidney pain.