

Amaranth

Amaranthus spp. · *Amaranth family*

DIFFICULTY Easy

TYPE Annual, direct sown, warm season

MATURITY 90–120 days for grain; leaves usable earlier



SUN
Full sun



WATER
Low–moderate,
drought-tolerant



SOIL PH
6.0–7.5



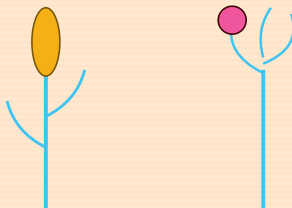
SPACING
20–30cm



DEPTH
0.5cm

01 Grain and leafy green in one plant

Amaranth is unusual in offering two harvests from one planting — pick young leaves as a nutritious green through the season, then let some plants mature fully for a grain harvest.



tall stalk crop, sown in rows or blocks

02 Planting

METHOD	Direct sow, surface sown, needs light to germinate.
SOIL	Tolerant of poor soil; free-draining preferred.
TIMING	Sow after frost risk passes.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

04 Problems

- **Very few pests** — a hardy, easy crop.
- **Bird competition for grain** — net maturing seed heads if harvesting for yourself.
- **Self-seeding beyond bounds** — harvest before full seed drop if containment matters.
- **Waterlogging** — ensure reasonable drainage.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Corn Beans	None major	Rotate loosely; not a heavy feeder.

03 Growing care

- Thin as seedlings establish if grown densely for leaf.
- Water while establishing, then rely mostly on rainfall — quite drought-tolerant.
- Harvest leaves regularly from a portion of the crop.
- Let remaining plants mature fully for a grain harvest.

05 Harvest & storage

SIGNS	For grain: seed heads dry and seeds fall easily when rubbed. For leaf: pick young, tender leaves anytime.
METHOD	For grain: bend heads over a container and rub to release seed.
CURING	Dry seed thoroughly before storing.
STORAGE	Grain: airtight, cool, dark, many months. Leaves: fridge a few days.
PRESERVING	See Dehydrating (drying grains fully for storage) for ways to keep a harvest surplus.