

Quinoa

Chenopodium quinoa · Amaranth family

DIFFICULTY Moderate
TYPE Annual, direct sown, cool–mild season
MATURITY 90–120 days



SUN
Full sun



WATER
Low–moderate



SOIL PH
6.0–7.5



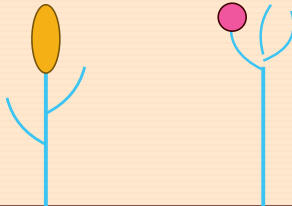
SPACING
20–30cm



DEPTH
1cm

01 Best in cooler zones

Quinoa generally performs better in cooler temperate climates with a mild growing season — hot, humid summers can reduce yield and grain quality.



tall stalk crop, sown in rows or blocks

02 Planting

METHOD	Direct sow once frost risk has passed.
SOIL	Well-drained, tolerates poor soil.
TIMING	Sow in spring in cool temperate zones.

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.

03 Growing care

- Thin as seedlings establish.
- Water moderately — avoid waterlogging.
- Net maturing seed heads against birds.
- Support tall plants in windy spots if needed.

04 Problems

- **Birds** — very attracted to ripening seed heads; net well.
- **Downy mildew** — humid conditions; improve airflow, best avoided by growing in the cooler season.
- **Poor performance in hot, humid summers** — best suited to cooler temperate zones.
- **Leaf miner** — occasional; largely cosmetic.

05 Harvest & storage

SIGNS	Seed heads dry, leaves yellow and drop, seeds resist denting with a fingernail.
METHOD	Cut whole seed heads, dry further, then thresh.
CURING	Dry thoroughly, then rinse seed well before cooking to remove the natural bitter coating (saponin).
STORAGE	Airtight, cool, dark — keeps many months.
PRESERVING	See Dehydrating (drying grains fully for storage) for ways to keep a harvest surplus.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Beans Corn	None major	Rotate with legumes; avoid following other amaranth-family crops like beetroot/silverbeet.