



Photo credit: Janine Willis

Common Names:
Amaranth, Giant Purple
Amaranth, Prince's
Feather

Plant Type: Self-Seeding
Annual

Light Requirements:
Full Sun

Height: 5-6 ft

Bloom Time: mid-late
summer

Hardiness Zone: 9-10

Amaranthus hypochondriacus

Amaranth is an upright herbaceous annual grown primarily as an ornamental plant. There are many different cultivars of Amaranth available, with a variety of colors and forms. The Amaranth we grow in our garden has dark reddish-purple leaves and has feathery plumes of dark burgundy flowers in late summer. Plants can grow up to 5 to 6 feet tall on strong, branching stems. The flower plumes can often get heavy and flop forward on larger plants. We often trim them back to allow plants to stand more upright, which also encourages bloom on new side branches.

Although Amaranth is not actually a perennial that persists from year to year in our zone 6 climate, it is considered a self-seeding annual. This means that the plant forms seeds that drop in the garden and a new generation of plants grows each year. The exact species and variety of the Amaranth pictured is unknown, as these plants have been self-seeding for many years in this location.

Plants in the genus *Amaranthus* are native to the Americas, Africa, Asia, and Europe. Most species of Amaranth are edible. In more tropical regions of the Americas, Amaranth is grown as a crop and is considered a food source due to its edible leaves, stems, and seeds. Cultivated varieties (like the ones shown here) typically are bred for ornamental qualities and may not be the best choice for taste or nutritive value. To learn more about Amaranth as a food source, check out the web resources noted below.

References:

<https://plants.ces.ncsu.edu/plants/amaranthus-hypochondriacus/>

<https://eattheplanet.org/amaranth-a-weed-here-a-staple-food-everywhere-else/>

<https://www.eattheweeds.com/amaranth-grain-vegetable-icon/>

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