

Unusual crops to grow



Cut out to
make your
own seed
packet!

Callaloo

Latin name: Amaranthus tricolor

Origin: South East Asia

Plant family: Amaranthaceae (Similar to spinach but treat as a Brassica in a rotation)



Picture Credit: Garden Organic

There are many Amaranths which have edible leaves and seeds grown in the UK. Easy to grow from seed and very quick to germinate, so if started indoors make sure they have plenty of light. Leaves can be cooked just like spinach and is now used as part of many West Indian recipes.

Learning activity: investigate

Amaranth plants are very diverse in types and usage. explore other common plants, and their edible, ornamental and medicinal uses

Growing instructions

- Sow seeds in a warm soil or a little earlier in modules.
- Plant 30cm apart and in full sun
- They grow quickly and within weeks should have produced a small forest of plants.
- Water regularly.
- Harvest leaves as and when required.

Growing instructions card

www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetAmaranthus.pdf

Culinary uses

- Compare the taste, texture and use of callaloo with spinach
- Try both very young leaves and older leaves for taste and texture



Picture Credit: Garden Organic

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