Cultivated as a grain for 8,000 years

Classified as a "pseudocereal"- grown for edible starchy seeds like cereals, but not from the same family as wheat & rice

Originally cultivated by the Aztecs

Propagates via seed

Completes its life cycle after one or a few years

In a 100 gram amount, cooked amaranth provides 103 calories & includes the minerals phosphorus, manganese, and iron. Also high in protein, lysine & amino acid.

Can be ground into a flour to be used as a thickener

Leaves are high in Vitamin C, Vitamin A & folate

One of most protein-rich of any plant-based food (Roughly 15%)

Gluten-free, good source of fiber & TWICE the calcium of milk

Easy to digest

Works as an appetite suppressant

aka- "pigweed"

Name "amarantos" Greek - means "everlasting" or "one that does not wither" in reference to vivid coloration even after drying