

NUTRITION Module (no. 5)  
On Future Foods {2022/09/12}

AMARANTH- Important to Grow Now and in the Future



**Nutrition Advantages of Amaranth**

- Some call it a super-food.
- Is an edible seed used like a grain, but it is not from the family of grasses like wheat, barley, rice, corn, oats, etc. It is a pseudo-cereal that does not have the negative health issues generally associated with all modern grains.
- A pseudo-grain similar to quinoa, gluten-free, and high in important nutrients.
- Provides 13-15% protein with almost all of the essential amino acids needed for the human body, especially lysine, which is a limiting amino acid in grains like wheat, maize, rice, etc.
- One cup (246 grams) of cooked Amaranth provides the following RDI of the following important minerals: **Manganese** - 105%, **Magnesium** - 40%, **Phosphorus** - 36%, **Iron** - 29%, **Selenium** - 19%, **Copper** - 18%.
- Contains quality B-complex vitamins that are superior to any cereals grains. An excellent composition of folates, niacin, thiamin, and pantothenic acid.
- An excellent source of vitamin-E ( $\alpha$ -tocopherol). One cup (246 grams) of cooked Amaranth seeds provide 4.6 mg or 20.4% of RDI
- Amaranth is a source of plant-based essential fatty acids and is anti-inflammatory.
- The cooked seeds are a rich source of soluble and insoluble dietary fiber. One cup (246 grams) of cooked Amaranth provides 44 g or 45% of the daily requirement of fiber. The fiber in the food help to prevent constipation by speeding up its movement through the gut. It also binds to toxins and removes them from the gut, thereby, helping protect the colon mucosa. Dietary fibers also bind to bile salts

(produced from cholesterol) and decrease their reabsorption in the colon, thus helping lower the bad serum LDL-cholesterol.

- The leaves and stems carry a good amount of soluble and insoluble dietary fibers, they are also a rich source of vitamin-C with a high concentration of vitamin-K.
- Contain ample amounts of B-complex vitamins such as folates, vitamin-B6 (pyridoxine), riboflavin, thiamin (vitamin B-1), and niacin.
- The greens are higher in the important minerals potassium, calcium, manganese, magnesium, copper, and zinc than provided by spinach.

### **Advantages in the Garden**

- Amaranth is drought-tolerant and adaptable to varying soil conditions and needs very little care.
- Very prolific producing hundreds of thousands of very small round seeds, only a millimeter in diameter, per plant.
- A tough plant that scatters its seeds and will come up year after a year.
- The seeds are usually off-white to brown in color, one gram of seeds holds about 1,000-3,000 seeds.

### **Multiple Ways to Use Amaranth**


- Sprout the seeds to eat raw, add to salads, or dry and grind into powder which can be added to soups, stews, and casseroles to boost nutrition.
- The seeds can be dry popped in a cast iron skillet or milled into flour and added to different recipes to boost the nutrition profile.
- Whole seeds make a healthy and delicious porridge with melted butter or cooked in vegetable, beef, or chicken stock for a rich nutritious meal.
- Cooked whole, the seeds can be added to cooked grains to make pilaf in a way similar to other millets and quinoa.
- Keep records on batches of selected seeds for reference to evaluate offspring for purity, and desirable traits. Do not mix batches together so poor performers can be identified and culled.
- The young edible amaranth greens are a nutritious leafy vegetables.

### **I've Been Growing Amaranth for 15-Years**

Once you get it established it just keeps coming back each year. I'll talk about it in the class this Wednesday.

I'm going to try a new variety next spring that looks to be more productive than what I've had: bigger heads, bigger seeds, and I expect it will be easier to harvest and clean. Below is the source I'm using, you can [link here](https://www.siskiyouseeds.com/collections/grains/products/amaranth-golden-giant), (<https://www.siskiyouseeds.com/collections/grains/products/amaranth-golden-giant>)

**www.SiskiyouSeeds.com**



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**No Commission,  
Just Friendly  
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Size \$ 4.50

1 1/2 G Packet (1 1/2g ≈ 1,000 seeds)

**AMARANTH, GOLDEN  
GIANT, *AMARANTHUS CRUENTUS*  
(100-110 DAYS)**

A late season grain amaranth that produces large orange/gold seed heads on top of 6 foot tall stalks. Edible green leaves with golden brown veins and stalks. Very productive, yeilding up to 1 lb of seed per plant. Easy to harvest, simply clip the heads and hang to dry. Once dry, thresh by stomping on them and winnow to remove chaff. Lends diversity to our diet when incorporated as a staple to supplement other grains like rice, or ground into flour to mix into breads and pancakes.

Gorgeous ornamental. SSF & HOO