

GARDENPEDIA · VEGETABLE SERIES



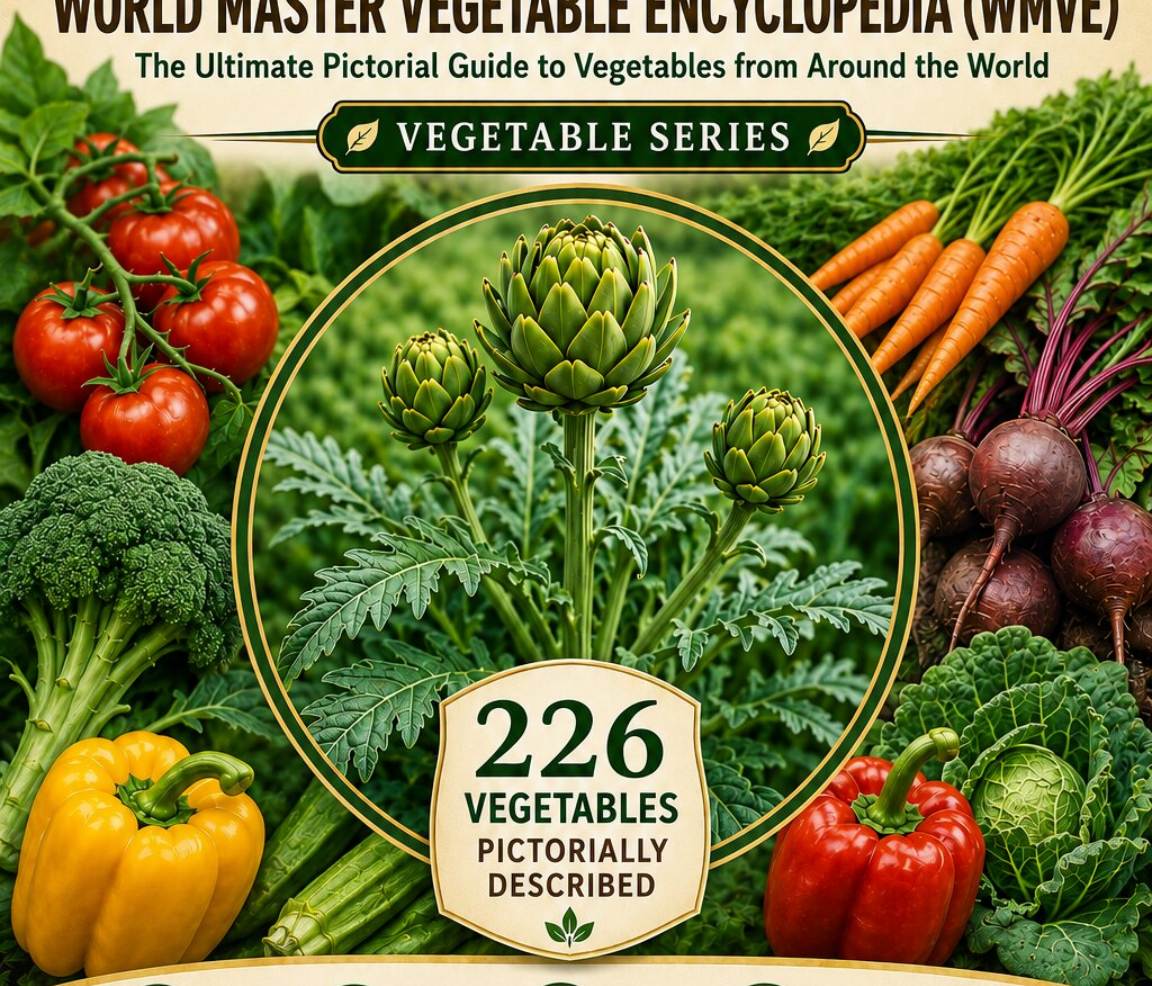
GARDENPEDIA

WORLD MASTER VEGETABLE ENCYCLOPEDIA (WMVE)

The Ultimate Pictorial Guide to Vegetables from Around the World



VEGETABLE SERIES



226
VEGETABLES
PICTORIALLY
DESCRIBED



BASIC CARE

Essential growing tips for healthy and productive vegetables.



CULINARY USES

Delicious ways to use each vegetable in your everyday meals.



COMPANIONS

Best companion plants for better growth and natural protection.



SEASONAL ADJUSTMENTS

Smart tips for growing in every season successfully.



SETUP SUITABILITY

Hydroponics, Aquaponics, Aeroponics, Vertical Gardening & more.

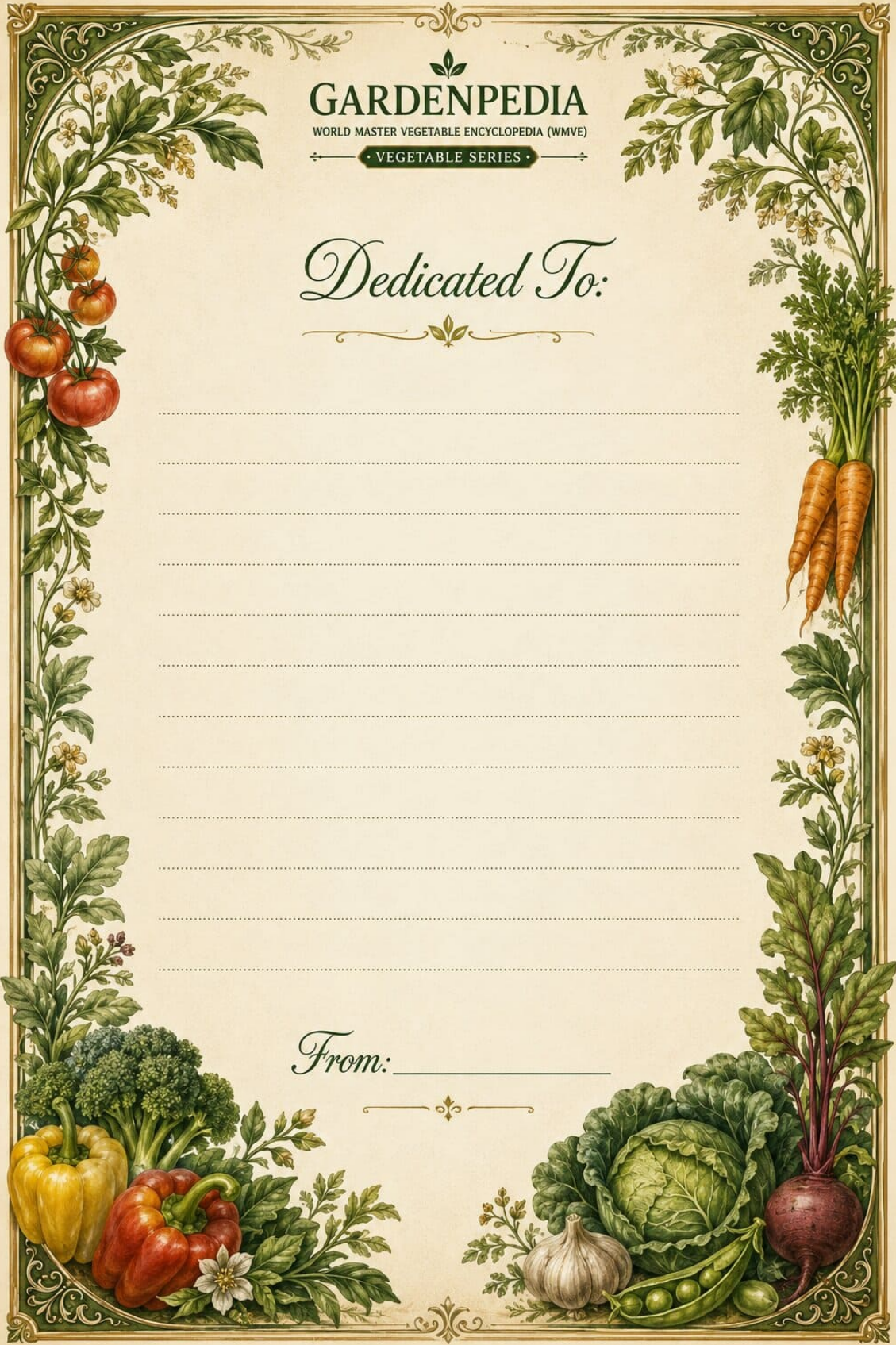
— Author —

DAMY FARM

VEGETABLE SERIES

Dedicated To:

From: _____



Welcome to GARDENPEDIA!

THANK YOU FOR CHOOSING THIS BOOK!

You're now part of a growing community of garden enthusiasts who believe that vegetables bring health, joy, and connection to our lives.

Inside these pages, you'll discover 226 vegetables from around the world—each one carefully described with beautiful images and practical information to help you grow smarter, cook better, and live well.

Whether you're a beginner or a seasoned gardener, may this book inspire you to explore, grow, and enjoy the incredible world of vegetables.

Let's grow a healthier world, together! 



A NOTE FROM THE AUTHOR

This book was created out of passion, experience, and a deep belief that knowledge about vegetables should be clear, practical, and beautiful. I hope these pages inspire you, guide you, and empower you to make the most of every growing opportunity.

Happy growing!

Damy Farm 

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STAY CONNECTED!

We'd love to see your garden!
Share your photos, stories, and
harvests with our community
using #Gardenpedia.



ENLIGHTENED



DAMY FARM

Growing Knowledge.
Growing Life.



MAY YOUR GARDEN
BE PRODUCTIVE AND YOUR
HARVESTS BE PLENTIFUL!



*Now, let's grow
something amazing! *



VEGETABLES

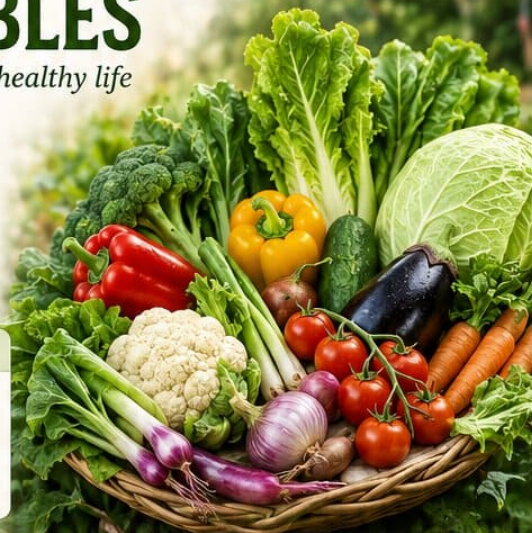
Nature's harvest for a healthy life

Vegetables are edible parts of plants—roots, stems, leaves, flowers, or fruits—packed with essential nutrients, fiber, and flavor. They're the foundation of balanced meals and vibrant well-being.

WHAT ARE VEGETABLES?



Vegetables are edible parts of plants consumed as food. They are low in calories, rich in vitamins, minerals, and phytochemicals that support growth, immunity, and disease prevention.



AT A GLANCE



What They Are:
Edible parts of plants that nourish the body



Why They Matter:
Support health, energy, growth, and disease prevention



Types Include:
Leafy greens, roots, stems, flowers, bulbs, pods, and fruits (culinary)



Grown Where:
Gardens, farms, containers, greenhouses—indoors or outdoors



Enjoyed For:
Nutrition, taste, variety, and a sustainable lifestyle

THE MANY KINDS OF VEGETABLES



LEAFY GREENS

Lettuce, Spinach, Kale, Cabbage



ROOT VEGETABLES

Carrot, Beetroot, Radish, Turnip



STEM VEGETABLES

Celery, Asparagus, Bamboo Shoot



FLOWER VEGETABLES

Broccoli, Cauliflower, Artichoke



BULBS

Onion, Garlic, Leek, Shallot



POD VEGETABLES

Peas, Beans, Okra



FRUIT VEGETABLES

Tomato, Pepper, Eggplant, Cucumber

BENEFITS OF EATING VEGETABLES



Nutrient-Rich

Provide essential vitamins, minerals, and antioxidants.



Supports Health

Helps boost immunity, improve digestion, and reduce disease risk.



Aids Weight Management

High in fiber, low in calories—keeps you full and satisfied.



Better Energy & Vitality

Fuel your body naturally for daily strength and stamina.



Good for the Planet

Growing and eating vegetables supports a sustainable future.

GROW THEM YOUR WAY



In-Ground Gardening

Traditional beds and rows in your backyard or community garden.



Container Gardening

Perfect for patios, balconies, and small spaces.



Raised Beds

Better soil control, drainage, and easy maintenance.



Greenhouses

Extend your growing season and protect your crops.



Hydroponics & Aquaponics

Soilless growing systems for modern gardeners.

TIPS FOR SUCCESS



Start Small

Begin with easy-to-grow vegetables and expand.



Know Your Season

Plant the right vegetables at the right time.



Feed Your Soil

Healthy soil grows healthy vegetables.



Water Wisely

Keep soil consistently moist but not soggy.



Harvest Regularly

Regular harvesting encourages more production.

FROM GARDEN TO TABLE



PLAN

Choose what to grow.



PLANT

Sow or transplant with care.



NURTURE

Water, feed, and watch them grow.



HARVEST

Pick fresh at the perfect time.



ENJOY

Cook, share, and savor the goodness!



DID YOU KNOW?

Eating a variety of vegetables gives your body a wider range of nutrients.



Colorful vegetables mean different phytonutrients—eat the rainbow!



Homegrown vegetables often taste better and are fresher.



Just one serving of vegetables at each meal can make a big health difference.

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A PREVIEW FROM THE BOOK

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AFRICAN NIGHTSHADE

Solanum scabrum

LEAFY GREEN VEGETABLE

A highly nutritious African leafy green valued for its tender leaves, fast growth, and essential role in local cuisines.



COMPANION PLANTING



COMPANION PLANTS

Maize, beans, and other traditional intercrop staples that share similar warm-season growing needs.



Maize



Beans



Other staples



NEVER PLANT WITH

No widely documented antagonistic pairings.

NUTRITION & BENEFITS



NUTRITIONAL VALUE:

Leaves are notably rich in protein, iron, vitamin A, vitamin C, and calcium compared to many common leafy vegetables.



HEALTH BENEFITS:

The high iron and protein content makes it an important dietary source in regions where it is a staple, and its antioxidant compounds are associated with anti-inflammatory effects.



OTHER BENEFITS

(MEDICINAL / AROMATIC / BEAUTY):

Traditionally used in parts of Africa to treat digestive complaints, and ripe fruit has been used in folk remedies for diarrhea and eye infections, though this use is separate from the leaf as food.

BASIC CARE



Light

Full sun to partial shade



Temperature

20–30°C (68–86°F); frost-sensitive



Soil

Fertile, well-drained loam, pH 5.5–6.8



Humidity

Moderate to high



Water Requirement

Regular, consistent watering; intolerant of prolonged drought



Nutrient Requirement

Moderate to heavy feeder; benefits from nitrogen-rich compost or manure



Spacing

20–30cm between plants, 40–50cm between rows



Soil pH

5.5–6.8



Common Pests/Diseases

Aphids, whiteflies, root-knot nematodes, and bacterial wilt



Climate Zone

USDA zones 9–11, or grown as a warm-season annual elsewhere

IDENTIFICATION



Family Solanaceae



Common Names African nightshade, Mnavu (Swahili), Black nightshade, Garden huckleberry (leaf form)



Origin The warm, humid forests of West and Central Africa, now widely cultivated across East, Central, and Southern Africa



Varieties Numerous regional landraces within the *Solanum nigrum* complex (including *S. scabrum*, *S. villosum*, and *S. americanum*), selected for broad, tender, thick leaves



Availability A widely eaten traditional leafy vegetable across sub-Saharan Africa, sold fresh in local markets; less common outside the region but found in some African and Caribbean specialty grocers

GROWING CYCLE



Seed to Harvest Time

30–40 days to first cutting



Continuous Harvest

Yes, leaves regrow after cutting and can be harvested repeatedly over several months



How to Regrow

Propagated from seed, direct-sown or started in trays; repeated cut-and-come-again harvesting encourages continued leaf production



Harvest Indicators

Harvest young, tender leaves and shoot tips regularly before the plant sets heavy fruit, which diverts energy from leaf production

CULINARY USE & CAUTIONS



CULINARY USES:

Cooked into traditional stews and side dishes across East and Central Africa, often simmered with onions, tomatoes, and groundnut or coconut sauces, similar in use to spinach.



TOXICITY / CAUTIONS:

Only the cooked leaves are eaten; the green, unripe berries contain solanine and related alkaloids and are toxic, and even ripe berries are not eaten as food in most African culinary traditions.



Leafy stew



Groundnut sauce



Tomato side dish



Coconut sauce



Sautéed with onions

SOILLESS & SPECIAL GROWING SYSTEM SUITABILITY



HYDROPONIC SUITABILITY



Adapts reasonably well to hydroponic nutrient film and deep water culture systems given its shallow, fibrous root system, provided temperatures stay consistently warm.



AQUAPONIC SUITABILITY



Suitable for aquaponic media bed and raft systems in warm climates, where its steady nutrient uptake pairs well with fish-derived nitrogen.



AEROPONIC SUITABILITY



Performs adequately in aeroponic systems with fine misting and warm root-zone temperatures, given its compact root structure.



VERTICAL GARDEN SUITABILITY



Well suited to vertical garden towers and stacked planters thanks to its compact, bushy habit and repeated cut-and-come-again harvest style.



INDOOR SUITABILITY



Can be grown indoors in bright, warm conditions with supplemental grow lights, though consistently strong light is needed to avoid leggy, sparse growth.



QUICK REFERENCE



Best Season Warm season, plant in spring after last frost.



Water Keep soil evenly moist; do not let it dry out.



Feeding Use compost or nitrogen-rich fertilizer.



Harvest Cut young leaves regularly for tender best quality.



Use Cook leaves; do not eat berries.



Time to First Harvest 30–40 days after planting.

AIBIKA

Abelmoschus manihot

VEGETABLE

Aibika is a nutritious tropical leafy vegetable valued across Melanesia and Southeast Asia for its tender leaves, ease of growth, and versatility in local cuisine.

COMPANION PLANTING



COMPANION PLANTS



Sweet potato



Taro



Cassava



NEVER PLANT WITH

No well-documented incompatibilities; avoid crowding with other tall shrubs that compete for light



NUTRITION & BENEFITS



Nutritional Value

Leaves are rich in protein, calcium, iron, and vitamins A and C, making them an important leafy green in Pacific diets.



Health Benefits

Traditionally eaten to support general nutrition and used in local medicine to soothe digestive complaints and skin irritation.



Other Benefits

(Medicinal / Aromatic / Beauty)
Mucilaginous leaf sap used topically in traditional remedies; ornamental value from its hibiscus-like yellow flowers.

BASIC CARE



Light

Full sun to partial shade



Temperature

20–32°C; frost-tender and damaged below 10°C



Soil

Fertile, well-drained loam rich in organic matter



Humidity

High, thrives in humid tropical conditions



Water Requirement

Consistent moisture; grows best when warm and wet



Nutrient Requirement

Heavy feeder; benefits from regular compost or manure



Spacing

60–100 cm between plants



Soil pH

5.5–7.0



Common Pests/Diseases

Looper caterpillars, snails, and aphids



Climate Zone

USDA zones 9b–11, short-lived perennial shrub in the tropics and subtropics

IDENTIFICATION



Family

Malvaceae



Common Names

Aibika, hibiscus spinach, ibika, bele (Fiji), pele (Polynesia), island cabbage, sunset hibiscus



Origin

Tropical Asia, spreading through Melanesia and the Pacific Islands, especially Papua New Guinea



Varieties

Up to 70 leaf-shape and colour types classified in Papua New Guinea, ranging from deeply lobed to nearly round leaves



Availability

Widely grown as a leaf vegetable across Melanesia and Southeast Asia; less common outside the tropics

GROWING CYCLE



Seed to Harvest Time

8–10 weeks from cuttings to first leaf harvest



Continuous Harvest

Yes, young leaves can be picked continually from an established shrub for a year or more



How to Regrow

Most commonly propagated from stem cuttings rather than seed, which root readily in moist soil



Harvest Indicators

Young, tender leaves and shoot tips are picked regularly before they toughen

CULINARY USE & CAUTIONS



Culinary Uses

Young leaves and shoots are steamed, boiled, or stir-fried as a leafy green vegetable across Melanesian and Southeast Asian cuisine.



Toxicity/Cautions

Generally safe when cooked; like many mallow-family greens the raw leaf can be mildly mucilaginous and is best cooked before eating.



SOILLESS & SPECIAL GROWING SYSTEM SUITABILITY



HYDROPONIC SUITABILITY



Can be grown hydroponically with support for its woody stems, though it is more commonly grown in soil due to its shrubby, multi-year growth habit.



AQUAPONIC SUITABILITY



Reasonably suited to aquaponic systems given its tolerance for consistently moist, nutrient-rich conditions, though its eventual shrub size requires a sizeable grow bed.



AEROPONIC SUITABILITY



Possible in aeroponic systems for leaf production if the root zone is well supported, but its shrubby habit makes it less space-efficient than smaller greens.

VERTICAL GARDEN SUITABILITY



Moderately suited; its shrubby, multi-stemmed growth needs a fairly large vertical planter and structural support as it matures.



INDOOR SUITABILITY



Can be grown indoors in a large, bright container while young, but its eventual size and love of full tropical sun make outdoor growing more practical long-term.



QUICK REFERENCE

- Warm-season tropical shrub
- Perennial in frost-free climates
- Best grown in rich, moist soil
- Harvest leaves regularly
- Propagate easily from cuttings



SPRING

- Take stem cuttings
- Plant out in warm soil
- Apply compost
- Keep well watered



SUMMER

- Fast growth
- Water regularly
- Feed with compost or organic fertilizer
- Harvest young leaves



AUTUMN

- Continue harvesting
- Prune if needed
- Add mulch and compost
- Protect from cool night winds



WINTER

- Growth slows in cooler areas
- Keep in warm, frost-free conditions
- Reduce watering slightly

ALEXANDERS

Smyrniolusatrum

HERB / VEGETABLE (BIENNIAL)

A historic herb and vegetable valued since classical antiquity for its aromatic leaves, edible roots, and peppery seeds.



IDENTIFICATION



Family
Apiaceae



Common Names
Alexanders, Alisanders, Black lovage, Horse parsley, Macedonian parsley



Origin
The Mediterranean and Macedonia, cultivated since classical antiquity and later widely grown as a pot herb throughout medieval Europe



Varieties
No widely distinct cultivars; grown mainly as the wild-type species, sometimes distinguished informally by regional landrace



Availability
Rarely sold commercially; mostly foraged or grown by heritage and specialty gardeners, with a small revival in foraging and historic-food circles

COMPANION PLANTING

COMPANION PLANTS



Other coastal and hedgerow-tolerant plants; often grown alongside other historic pot herbs in heritage gardens



NEVER PLANT WITH
No widely documented antagonistic pairings

NUTRITION & BENEFITS



Nutritional Value:
A source of vitamin C and dietary fiber, with a nutrient profile broadly similar to celery, its closest culinary relative



Health Benefits:
Historically valued as a digestive tonic; modern interest in its essential oils has explored potential antioxidant properties



Other Benefits (Medicinal / Aromatic / Beauty):
Used in classical and medieval herbal medicine for digestive and urinary complaints, and its aromatic seeds were historically used as a pepper substitute

BASIC CARE



Light
Full sun to partial shade



Temperature
10–20°C (50–68°F); tolerates cool coastal conditions and light frost



Soil
Well-drained, fertile soil, tolerant of salty coastal conditions, pH 6.0–7.5



Humidity
Moderate



Water Requirement
Moderate, consistent watering; established plants tolerate some drought



Nutrient Requirement
Light to moderate feeder; benefits from compost at planting



Spacing
30–45cm between plants, 45–60cm between rows



Soil pH
6.0–7.5



Common Pests/Diseases
Generally pest-resistant; occasional aphids and slugs on young growth



Climate Zone
USDA zones 6–9, well suited to coastal and mild maritime climates

GROWING CYCLE



Seed to Harvest Time
First-year leaves and shoots can be harvested roughly 4–5 months after sowing; roots and full plant maturity are reached in the second year as a biennial



Continuous Harvest
Yes for leaves and young stems over the growing season; flower buds, seeds, and roots are harvested at specific points in the second year



How to Regrow
Propagated from seed, sown in late summer or autumn as fresh seed germinates best; self-seeds readily once established



Harvest Indicators
Harvest young leaves and shoots in early spring before flowering for the mildest flavor; roots are dug in autumn of the first year, and black seeds are collected once fully mature in the second year

CULINARY USE & CAUTIONS



Culinary Uses:
Leaves and stems used like celery or parsley in soups and salads, stems blanched or candied, roots cooked like parsnips, and the black seeds dried and ground as a peppery spice



Toxicity / Cautions:
Generally safe to eat when correctly identified; it closely resembles the highly toxic hemlock water-dropwort in damp habitats, so foragers should confirm identification carefully via its yellow-green (not white) flowers before eating any wild-gathered plant



HYDROPONIC SUITABILITY
Alexanders is not commonly grown hydroponically, as it is typically cultivated as a biennial garden or foraged plant with a long root-development period not well suited to liquid nutrient systems.



AQUAPONIC SUITABILITY
Not commonly grown in aquaponics; its biennial life cycle and rooting habit make it impractical for typical media bed or raft systems.



AEROPONIC SUITABILITY
Not well documented in aeroponic systems, as its extended growth cycle and root and stem-focused harvest are better suited to soil-based cultivation.

VERTICAL GARDEN SUITABILITY



Not well suited to vertical gardening, since its sizable biennial growth habit and root development need open garden beds rather than stacked planters.



INDOOR SUITABILITY
Not practical indoors, as Alexanders needs an extended outdoor growing period over one to two years and substantial space to develop its roots, stems, and seed heads.

AMARANTH GREENS

Amaranthus tricolor / A. viridis

VEGETABLE

A fast-growing, nutrient-dense leafy green valued for its vibrant leaves, versatility in cooking, and exceptional health benefits. A staple in many traditional cuisines around the world.



IDENTIFICATION



Family
Amaranthaceae



Common Names
Callaloo (Caribbean),
Chinese spinach,
Bhaji (East Africa)



Origin
Africa, Asia, and the Americas
(multiple centers of origin)



Varieties
Red amaranth, Green amaranth,
Tiger tail, Chinese Giant



Availability
Africa, South/Southeast Asia,
Caribbean; widely available
worldwide as a leafy green

COMPANION PLANTING

COMPANION PLANTS



Corn



Beans



Squash

NEVER PLANT WITH

None widely documented



NUTRITION & BENEFITS



NUTRITIONAL VALUE

Very high in vitamin A, vitamin C,
iron, and calcium



HEALTH BENEFITS

Supports blood and bone health;
provides strong antioxidant
activity



OTHER BENEFITS (MEDICINAL / AROMATIC / BEAUTY)

Seeds also used as a pseudo-grain;
central ingredient in Caribbean
callaloo dishes

BASIC CARE



Light
Full sun to partial shade



Temperature
21–32°C (70–90°F)



Soil
Rich, well-drained,
pH 6.0–7.0



Humidity
Moderate to high



Water Requirement
Consistent moisture



Nutrient Requirement
Moderate feeder;
nitrogen-rich fertilizer



Spacing
15–20cm between
plants



Soil pH
6.0–7.0



Common Pests/Diseases
Aphids, flea beetles,
leaf miners



Climate Zone
USDA zones 2–11,
warm-season annual

GROWING CYCLE



Seed to Harvest Time
30–45 days from seed



Continuous Harvest
Yes, outer leaves
harvestable continuously



How to Regrow
Regrows from base if
growing crown left intact
after leaf harvest



Harvest Indicators
Leaves harvested young
and tender, before
flowering

CULINARY USE & CAUTIONS



CULINARY USES:

Sautéed, in soups and stews,
callaloo, stir-fries



TOXICITY / CAUTIONS:

Non-toxic; contains oxalates,
moderate consumption
recommended



SAUTÉED



IN SOUPS & STEWS



CALLALOO



STIR-FRIES

SOILLESS & SPECIAL GROWING SYSTEM SUITABILITY



HYDROPONIC SUITABILITY



Amaranth greens grow well
hydroponically in NFT and
DWC systems given their fast
leafy growth; maintain EC
1.4–1.8 mS/cm, pH 6.0–6.5,
warm temperatures 21–30°C,
and 12–14 hours of light for
continuous harvest.



AQUAPONIC SUITABILITY



Performs well in aquaponic
raft and media bed systems,
efficiently using fish-derived
nutrients for rapid leaf
production; pH 6.8–7.0,
water temperature 22–26°C,
moderate fish stocking density.



AEROPONIC SUITABILITY



Well suited to aeroponics
with mist cycles every
2–4 minutes, EC 1.4–1.8 mS/cm,
pH 6.0–6.5, producing fast,
tender growth.



VERTICAL GARDEN SUITABILITY



Good candidate for vertical
gardening due to compact
size and fast growth; suits
tower and stacked planter
systems well.



INDOOR SUITABILITY



Grows well indoors under
grow lights (12–14 hrs),
warm temperatures, and
consistent watering; a fast,
reliable indoor leafy green.



QUICK REFERENCE

- **Light:** Full sun to partial shade
- **Water:** Consistent moisture
- **Soil:** Rich, well-drained, pH 6.0–7.0
- **Soil pH:** 6.0–7.0
- **Spacing:** 15–20 cm
- **Harvest:** 30–45 days
- **Climate Zone:** USDA 2–11



PLANTING

Sow seeds directly or
transplant seedlings when
10–15 cm tall.
Thin to proper
spacing.



GROWTH TIPS

Harvest regularly to
encourage new tender
growth. Provide
rich organic matter
and consistent
moisture.



SPRING

Sow first
fast frost
in mild climates.



SUMMER

Keep well
and harvest
often.



AUTUMN

Continue
harvesting until
cool weather.



WINTER

In warm regions,
continues growing
year-round.

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