

Callaloo (*Amaranthus sp.* Probably *gangetiucs*)

Amaranth species are commonly grown for their spinach-like leaves, or for their grain-like seeds. Wild species, usually called pigweeds, are the second most damaging weed to agriculture, next to nutsedge. Our Callaloo grows well if cared for, but is unlikely to become a problem. It is an African species grown for its delicious large leaves and soft stems, used as a potherb (not raw). It is enjoyed throughout the Caribbean, and our seed line came from Jamaica. It grows white seeds that can be used in a number of ways, unlike the black seeded native varieties, whose seeds are bitter. Some native varieties excel as a potherb, specifically *A. australis*, but they are a wetland plant, and may not do well in your garden. Seeds may be broadcast and then thinned, or planted in seed trays and transplanted. They grow fast and tall, and will produce seed even if most of the plant has been eaten. Amaranths are full of vitamins and minerals, and even some protein. The nutritious nature of these plants has not escaped the notice of just about every species of caterpillar, so you would be well advised to pick up a bottle of concentrated BT and a spray bottle to mix and spray the plants with if you encounter problems.

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