

Amaranthus tricolor L., 1753 **(Amaranthe tricolore)**

Identifiants : 2074/amatri

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

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- **Classification phylogénétique :**

- **Clade : Angiospermes ;**
- **Clade : Dicotylédones vraies ;**
- **Ordre : Caryophyllales ;**
- **Famille : Amaranthaceae ;**

- **Classification/taxinomie traditionnelle :**

- **Règne : Plantae ;**
- **Division : Magnoliophyta ;**
- **Classe : Magnoliopsida ;**
- **Ordre : Caryophyllales ;**
- **Famille : Amaranthaceae ;**
- **Genre : Amaranthus ;**

- **Synonymes :** x (= basionym, *Amaranthus gangeticus* L. 1759, *Amaranthus mangostanus* Blanco 1837, *Amaranthus oleraceus* Roxb. 1832, *Amaranthus tristis* L. 1759, *Amaranthus tristis* L. 1753 ;
- **Synonymes français :** amarante tricolore, amaranthe à tête d'éléphant (amarante à tête d'éléphant), épinard chinois, brède de Malabar, amaranthe Kahilalu (amarante kahilalu), amaranthe comestible (amarante comestible), épinard du pays (Antilles), amarante du Gange ;
- **Nom(s) anglais, local(aux) et/ou international(aux) :** Chinese amaranth, Chinese-spinach, Joseph's-coat, summer-poinsettia, tampala, red amaranth, xian (cn transcrit), heng chai (cn transcrit), xian cai (cn transcrit), yinchoi (cn transcrit), Gemüseamarant (de), surinamesischer Fuchsschwanz (de), tampala (si), bayam (ms), pungkirai (th), math (in), aupa (id), mekanada (Sancri.), sirru kirai (Tam.), lal Sag (in) ;



- **Note comestibilité :** ***

- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

Feuille (jeunes et/ou tendres, dont pousses et tiges ; crues¹ ou cuites^{1,32} [nourriture/aliment : légume^{~~~1,2(dp*)}, salade^{~~~1}]), fleur¹ (jeunes inflorescences³² (dont bourgeons) ; cuites¹) et graines (séchées : crues¹ ou cuites (rôties)¹ ; dont germes¹) comestibles(1*)

Détails :

Jeunes et/ou tendres feuilles, pousses et tiges utilisées crues ou cuites (ex. : comme potherbe^{(((dp*)(1,32))})

Les jeunes feuilles et tiges sont cuites et consommées comme légume

Partie testée : tiges^{(((0(+x)) (traduction automatique)}
Original : Stems^{(((0(+x)}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
0	0	0	0	0	0	0	0



(1*) la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois.

Cependant, certains légumes, comme l'épinard ou la blette, en contiennent dans des concentrations équivalentes ou supérieures sans que ceux-ci ne soient considérés comme dangereux ; de plus l'acide en question est soluble dans l'eau (proportionnellement à la température⁸⁰) et peut donc être éliminé en changeant simplement l'eau de cuisson ; enfin, en y ajoutant du lait (ou tout autre produit laitier), une partie de cette acide se lie au calcium le rendant ainsi inoffensif.

Il sera tout de même conseillé de ne pas en abuser, plus particulièrement aux personnes souffrant de problèmes rénaux et/ou ayant une tendance aux rhumatismes (polyarthrite rhumatoïde, arthrite, goutte, calculs rénaux ou hyperacidité), pour lesquelles il sera même fortement recommandé de limiter ou d'éviter complètement cette consommation potentiellement néfaste (étant donné qu'elle peut aggraver leur état) ou tout au moins de prendre des précautions particulières dès lors que cette plante est incluse (ou prévue) dans leur régime alimentaire(1*)la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois⁽⁽⁽¹⁾⁾⁾.

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Il sera tout de même conseillé de ne pas en abuser^{((dp))}, plus particulièrement aux personnes souffrant de problèmes rénaux et/ou ayant une tendance aux rhumatismes (polyarthrite rhumatoïde, arthrite, goutte, calculs rénaux ou hyperacidité), pour lesquelles il sera même fortement recommandé de limiter ou d'éviter complètement cette consommation potentiellement néfaste (étant donné qu'elle peut aggraver leur état) ou tout au moins de prendre des précautions particulières dès lors que cette plante est incluse (ou prévue) dans leur régime alimentaire⁽⁽⁽⁵⁾⁾⁾

- Note médicinale : *

- Illustration(s) (photographie(s) et/ou dessin(s)):



Par Step, E., Bois, D., Favourite flowers of garden and greenhouse (1896-1897) Favourite Fl. vol. 3 (1896), via plantillustrations

- Petite histoire-géo : D'après le "Special Catalogue of exhibits, etc." (Colonial and Indian Exhibition, 1886), l'Amaranthus gangeticus est peut-être le plus important "Sag" (qui signifie "légumes verts utilisés comme l'Épinard") cultivé dans l'Inde⁽⁽⁽⁷⁶⁾⁽⁺⁾⁾⁾

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ **Statut :**

C'est un légume cultivé commercialement. Certaines espèces d'amarante sont présentes dans la plupart des régions de Papouasie-Nouvelle-Guinée et elles sont l'un des verts cultivés les plus courants. Il est vendu sur les marchés locaux^{||(0(+x)) (traduction automatique)}.

Original : It is a commercially cultivated vegetable. Some species of amaranths occur in most parts of Papua New Guinea and they are one of the commonest cultivated greens. It is sold in local markets^{||(0(+x))}.

◦ **Distribution :**

Une plante tropicale et subtropicale. Il pousse dans de nombreux endroits tropicaux et tempérés chauds. Les plantes poussent à l'état sauvage dans les terrains vagues. Les amarantes poussent du niveau de la mer à 2400 m d'altitude dans les tropiques équatoriales. Il préfère les sols bien drainés. Il a besoin d'une position ensoleillée pour bien céder. Pour que les graines d'amarante germent, elles ont besoin d'une température supérieure à 15 ° -17 ° C. Dans les zones les plus élevées des hautes terres équatoriales au-dessus de 1800 m., Les températures moyennes sont probablement inférieures à cela pendant les mois les plus froids. Il peut être plus difficile de commencer les amarantes pendant ces mois. Il peut pousser dans des endroits arides. Il convient aux zones de rusticité 8-11. Au Yunnan^{||(0(+x)) (traduction automatique)}.

Original : A tropical and subtropical plant. It grows in many tropical and warm temperate places. Plants grow wild in waste places. Amaranths grow from sea level to 2400 m altitude in the equatorial tropics. It prefers well drained soils. It needs a sunny position to yield well. For amaranth seeds to germinate they need a temperature above 15°-17°C. In the higher areas of the equatorial highlands above 1800 m., temperatures on the average are probably below this during the cooler months. It may be more difficult to get amaranths started during these months. It can grow in arid places. It suits hardiness zones 8-11. In Yunnan^{||(0(+x))}.

◦ **Localisation :**

Afrique, Asie, Australie, Bangladesh, Bénin, Cambodge, Canada, Afrique centrale, Amérique centrale, Chine, RD Congo, Cuba, République dominicaine, Afrique de l'Est, Timor oriental, Égypte, Fidji, Guyane, Guyanes, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Israël, Italie, Japon, Jordanie, Kenya, Corée, Laos, Madagascar, Malaisie, Marquises, Maurice, Mexique, Mozambique, Myanmar, Nauru, Népal, Nigéria, Afrique du Nord, Inde du Nord-Est, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Porto Rico, Asie du Sud-Est, Sierra Leone, Singapour, Slovénie, îles Salomon, Afrique du Sud, Amérique du Sud, Afrique australie, Amérique du Sud, Sri Lanka, Suriname, Taïwan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Turquie, Tuvalu, Ouganda, USA, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles, Yémen^{||(0(+x)) (traduction automatique)}.

Original : Africa, Asia, Australia, Bangladesh, Benin, Cambodia, Canada, Central Africa, Central America, China, Congo DR, Cuba, Dominican Republic, East Africa, East Timor, Egypt, Fiji, Guiana, Guianas, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Israel, Italy, Japan, Jordan, Kenya, Korea, Laos, Madagascar, Malaysia, Marquesas, Mauritius, Mexico, Mozambique, Myanmar, Nauru, Nepal, Nigeria, North Africa, Northeastern India, North America, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Puerto Rico, SE Asia, Sierra Leone, Singapore, Slovenia, Solomon Islands, South Africa, South America, Southern Africa, South America, Sri Lanka, Suriname, Taiwan, Tanzania, Tasmania, Thailand, Timor-Leste, Turkey, Tuvalu, Uganda, USA, Vanuatu, Vietnam, West Africa, West Indies, Yemen^{||(0(+x))}.

◦ **Notes :**

Il existe environ 60 espèces d'Amaranthus. Composition chimique (échantillon chinois): Protéine = 3,5%. Matières grasses = 0,24%. Glucides = 6,6%. Rapporté riche en vitamine A, avec des quantités modérées de vitamines B1 et C. Composition chimique (d'après Hooper) (variété verte, avril [échantillon indien]): eau = 90,6% (fraîche). Matières grasses = 4,30% (sec). Albuménoïdes = 27,61% (sec). Fibre = 7,85% (sèche). Cendres = 23,98% (sec). Glucides = 36,26% (sec). Azote = 4,42% (sec). Acide phosphorique = 1,47% (sec). Silicates = 2,58% (sec). (Variété verte, novembre): Eau = 82,60% (fraîche). Matières grasses = 4,50% (sec). Albuménoïdes = 25,72% (sec). Glucides = 36,84% (sec). Fibre = 11,89% (sèche). Cendres = 21,05% (sec). Azote = 4,12% (sec). Acide phosphorique = 1,35% (sec). Silicates = 2,20%. (Variété rouge, avril): Eau (fraîche) = 91,0%. Matières grasses = 5,34% (sec). Albuménoïdes = 25,46% (sec). Glucides = 34,71% (sec). Fibre = 6,96% (sèche). Cendres = 27. (sec). Azote = 4,07% (sec). Acide phosphorique = 1,56% (sec). Silicates = 1,97% (sec). (Variété rouge, novembre): Eau = 84,5% (fraîche). Lipides = 3,77% (sec). Albuménoïdes = 24,75% (sec). Glucides = 37,90% (sec). Fibre = 11,55% (sèche). Cendres = 22,03% (sec). Azote = 3,96% (sec). Acide phosphorique = 1,53% (sec). Silicates = 1,57% (sec). x000B_ Il contient 2,3 mg pour 100 g de poids sec et 1,2 mg de poids frais d'alpha-tocophérol (vitamine E)^{||(0(+x)) (traduction automatique)}.

Original : There are about 60 Amaranthus species. Chemical composition (Chinese sample): Protein = 3.5%. Fat = 0.24%. Carbohydrate = 6.6%. Reported rich in Vitamin A, with moderate amounts of Vitamins B1 and C. Chemical composition (after Hooper) (Green variety, April [Indian sample]): Water = 90.6% (fresh). Fat = 4.30% (dry). Albumenoids = 27.61% (dry). Fibre = 7.85% (dry). Ash = 23.98% (dry). Carbohydrates = 36.26% (dry). Nitrogen = 4.42% (dry). Phosphoric acid = 1.47% (dry). Silicates = 2.58% (dry). (Green variety, November): Water = 82.60% (fresh). Fat = 4.50% (dry). Albumenoids = 25.72% (dry). Carbohydrates = 36.84% (dry). Fibre = 11.89% (dry). Ash =

21.05% (dry). Nitrogen = 4.12% (dry). Phosphoric acid = 1.35% (dry). Silicates = 2.20%. (Red variety, April): Water (fresh) = 91.0%. Fat = 5.34% (dry). Albumenoids = 25.46% (dry). Carbohydrates = 34.71% (dry). Fibre = 6.96% (dry). Ash = 27. (dry). Nitrogen = 4.07% (dry). Phosphoric acid = 1.56% (dry). Silicates = 1.97% (dry). (Red variety, November): Water = 84.5% (fresh). Fat = 3.77% (dry). Albumenoids = 24.75% (dry). Carbohydrates = 37.90% (dry). Fibre = 11.55% (dry). Ash = 22.03% (dry). Nitrogen = 3.96% (dry). Phosphoric acid = 1.53% (dry). Silicates = 1.57% (dry). It has 2.3 mg per 100 g dry weight and 1.2 mg fresh weight of alpha-tocopherol (Vitamin E)^{[[10+X]]}.

- Arôme et/ou texture : douce, discrète, très peu amère (plante entière?), céréale (graines) ;

- Liens, sources et/ou références :

- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Amaranthus_tricolor ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2633132 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=2807> ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 100 et 101, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger), 32Herbier gourmand (livre par Marc Veyrat et François Couplan), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, page 15 [Amaranthus tristis L. et Amaranthus gangeticus L.], par A. Paillieux et D. Bois) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 894 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 202 ; Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 33 (As Amaranthus gangeticus) ; Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 10 (As Amaranthus gangeticus) ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 ; Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2018) 14:10 ; Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. Natural Products Radiance 8(1) 64-72 ; Bao Bojian; Steve Clemans, Thomas Borsch, Amaranthaceae [Draft], Flora of China ; Barua, U., et al, 2007, Wild edible plants of Majuli island and Darrang districts of Assam. Indian Journal of Traditional Knowledge 6(1) pp 191-194 (As Amaranthus gangeticus) ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 74 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 47 ; Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 106 ; Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 127 (As Amaranthus gangeticus) ; Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. ; Burnie, G. (Ed.), 2003, Annuals and Bulbs. The Gardener's Handbooks. Fog City Press. p 118 ; Cent. pl. I:32. 1755 (Amoen. acad. 4:294. 1759) (As Amaranthus mangostanus) ; Chao, Pi-Yu, et al, 2014, Antioxidant Activity in Extracts of 27 Indigenous Taiwanese Vegetables. Nutrients 2014, 6, 2115-2130 (As Amaranthus mangostanus) ; Chin, H. F., 1999, Malaysian Vegetables in Colour. Tropical Press. p 16 (As Amaranthus gangeticus) ; Ching, L. S. & Mohamed, S., 2001, Alpha-Tocopherol Content in 62 Edible Tropical Plants. J. Agric. Food Chem. 2001, 49, 3101â"3105 (As Amaranthus gangeticus) ; Chon, S. et al., 2009, Total Phenolics Level, Antioxidants Activity and Cytotoxicity of Young Sprouts of Some Traditional Korean Salad Plants. Plant Foods for Human Nutrition. 64:25-31 (As Amaranthus mangostanus) ; Chowdhury, M. & Mukherjee, R., 2012, Wild Edible Plants Consumed by Local Communities of Maldah of West Bengal, India. Indian J.Sci.Res.3(2) : 163-170 ; Creasey, R., 2000, Edible Mexican Garden. Periplus. p 22 (Also as Amaranthus gangeticus) ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 144 ; Dey, A. & Mukherjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86 (As var. gangeticus) ; Dyani, S.K., & Sharma, R.V., 1987, Exploration of Socio-economic plant resources of Vyasi Valley in Tehri Garhwal. J. Econ. Tax. Bot. Vol. 9 No. 2 pp 299-310 ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 8 (Also as Amaranthus gangeticus and Amaranthus mangostanus) ; Foo, J.T.S.(ed), 1996, A Guide to Common Vegetables. Singapore Science Foundation. p 10 ; Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. Micronesica 40(1/2): 169â"225, 2008 ; French, B., 1986, Food Plants of Papua New Guinea, Asia Pacific Science Foundation p 55 ; French, B.R., 2010, Food Plants of Solomon Islands. A Compendium. Food Plants International Inc. p 65 ; Gillaumin, R., 1954, Les Plantes utiles des Nouvelles-Hebrides (fin et complément) In: Journal d'agriculture tropicale et de botanique appliquée Vol. 1, No. 10-12 pp 453-460 (As Amaranthus gangeticus) ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 86 ; Grubben, G.J.H., 2004. Amaranthus tricolor L. [Internet] Record from Protibase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale). Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 13 October 2009. ; Hadfield, J., 2001, The A-Z of Vegetable Gardening in South Africa. Struik p 123 (As Amaranthus gangeticus) ; Harisha, R. P. & Padmavathy, S., 2013, Knowledge and Use of Wild Edible Plants in Two Communities in Malai Madeshwara Hills, Southern India. International Journal of Botany 9(2): 64-72. (As Amaranthus tristis) ; Harkonen, M. & Vainio-Mattila, K., 1998, Some examples of Natural Products in the Eastern

Arc Mountains. Journal of East African Natural History 87:265-278 ; *Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 47 (As *Amaranthus gangeticus*)* ; *Heo, B., et al., 2009, Antiproliferative Activity of Korean Wild Vegetables on Different Human Tumor Cell Lines. Plant Foods for Human Nutrition.* 64:257-263 (As *Amaranthus mangostanus*) ; *Herklots, G. A. C., 1972, Vegetables in South-East Asia. Allen & Unwin.* p 150 (As *Amaranthus gangeticus*) ; *Hide, R., et al, 1979, A checklist of some plants in the territory of the Sinasina Nimai (Simbai Province, Papua New Guinea), with notes on their uses. Department Anthropology, University of Auckland ; HOOPER (As *Amaranthus gangeticus* and *Amaranthus mangostanus*)* ; *Hussey, B.M.J., Keighery, G.J., Cousins, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia.* p 80 ; *Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press.* p 382 ; *Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House* p 59 ; *Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 54* ; *Japanese International Research Centre for Agricultural Sciencewww.jircas.affrc.go.jp/project/value_addition/Vegetables* ; *Kanis, A in Womersley, J.S., (Ed), 1978, Handbooks of the Flora of Papua New Guinea. Melbourne University Press.* Vol 1. p 27 ; *Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152 (Also as *Amaranthus mangostanus*)* ; *Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP* p 1754 ; *Kumar, S. A., Manus, D. & Mallika, M., 2018, Impact of non-timber forest products on Forest and in Livelihood Economy of the People of Adjoining Areas of Jalpaiguri Forest Division, West Bengal, India. Int. J. of Life Sciences, 2018; 6 (2):365-385* ; *Kuo, W. H. J., (Ed.) Taiwan's Ethnobotanical Database (1900-2000), http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm (As *Amaranthus mangostanus*)* ; *Lamberton, K (Ed.), 2004, The Australian gardening encyclopediea. Murdoch Books, NSW Australia.* p 163 ; *Larkcom, J., 1991, Oriental Vegetables, John Murray, London, p 53 (As *Amaranthus gangeticus*)* ; *Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology.* 205 (2017) 195-206 ; *Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica.* 24(1):41-56 ; *Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur.* p 356 (As *Amaranthus gangeticus*) ; *Maikhuri, R, K and Gangwar, A. K., 1993, Ethnobiological Notes on the Khasi and Garo Tribes of Meghalaya, Northeast India, Economic Botany, Vol. 47, No. 4, pp. 345-357 (As *Amaranthus gangeticus*)* ; *Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research.* Vo. 5. (2) April 2015 (As *Amaranthus gangeticus*) ; *Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico.* p 17, 173 (Also as *Amaranthus gangeticus* and *Amaranthus mangostanus*) ; *Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market. Indian Journal or Natural Products and Resources.* 3(1) pp 84-109 (As *Amaranthus gangeticus*) ; *Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. 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