

*Amaranthus blitum*

[Synonyms : *Albersia arenaria*, *Albersia ascendens*, *Albersia blitum*, *Albersia livida*, *Amaranthus adscendens*, *Amaranthus albus*, *Amaranthus alius*, *Amaranthus ascendens*, *Amaranthus berchtoldii*, *Amaranthus blitonius*, *Amaranthus blitum* var. *ascendens*, *Amaranthus blitum* var. *blitum*, *Amaranthus blitum* var. *oleraceus*, *Amaranthus blitum* var. *polygonoides*, *Amaranthus blitus*, *Amaranthus diffusus*, *Amaranthus graecizans* var. *blitum*, *Amaranthus lividus*, *Amaranthus lividus* var. *ascendens*, *Amaranthus lividus* subsp. *lividus*, *Amaranthus lividus* subsp. *polygonoides*, *Amaranthus minor*, *Amaranthus mucronatus*, *Amaranthus oleraceus*, *Amaranthus pallidus*, *Amaranthus polygamus*, *Amaranthus polygonoides*, *Amaranthus ruderalis*, *Amaranthus tenuiflorus*, *Amaranthus tenuifolius*, *Amaranthus viridis*, *Amaranthus viridus*, *Blitum maius*, *Euxolus alius*, *Euxolus ascendens*, *Euxolus viridis* var. *ascendens*, *Glomeraria blitum*]

**WILD AMARANTH** is a trailing annual. Found in temperate climates it has green flowers and crimson fruit.

It is also known as *Alpamarisha* (Sanskrit), *Amarante blette* (French), *Amarante livide* (French), *Amarante sauvage* (French), *Amarante violette* (French), *Amaranto ascendente* (Spanish), *Amaranto silvatico* (Italian), *Ao tou xian* (Chinese), *Aufsteigender Amarant* (German), *Aufsteigender Fuchsschwanz* (German), *Bayam betul* (Malay), Berry-bearing orache, *Bledo* (Spanish), *Blite*, *Blito* (German, Italian), *Blyamarant* (Norwegian), Emarginate amaranth, *Gemeiner Erdamarant* (German), Guernsey pigweed, Indian blite, *Inu biyu* (Japanese), *Kohenevarevonhätä* (Finnish), *Laskavec hrubozel* (Czech), *Lisan el teir* (Arabic), Livid amaranth, *Mållamarant* (Swedish), *Maarisah* (Sanskrit), *Niao xian* (Chinese), *Pariétaire blanc* (French), *Plet-Amarant* (Danish), Purple amaranth, *Quan xian* (Chinese), *Roter Heinrich* (German), *Sadanatiya* (Hindi), *Shadakh* (Arabic), Slender amaranth, Strawberry blite, Strawberry spinach, *Tandaljo* (Gujarati), *Yabani kadife çiçeği* (Turkish), and *Zarinur* (Turkish).

It is pollinated by the wind.

Its appearance has been confused with garden orache (*Atriplex hortensis*) or good-King-Henry (*Chenopodium bonus-henricus*).

*Blitum* is derived from a Greek name for wild amaranth (*Amaranthus blitum*), *bliton*.

In France (and India as well apparently) wild amaranth leaves have been eaten like spinach (*Spinacia oleracea*). The purple fruit juice used to be employed as a culinary colouring. Medicinally, herbalists have used a plant extract to treat oral ulcers.