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Chenopodium rubrum

[Synonyms : *Atriplex rubra*, *Blitum maritimum*, *Blitum polymorphum*, *Blitum polymorphum* var. *rubrum*, *Blitum rubrum*, *Botrys rubra*]

RED GOOSEFOOT is an annual. Found in temperate areas it has tiny fleshy flowers.

It is also known as Coast-blite, *Merlík červený* (Czech), Pigweed, *Rödmålla* (Swedish), *Roter Gänsefuß* (German), Sowbane, and *Troed yr Wŷdd Ruddog* (Welsh).

Warning – red goosefoot should not be taken internally if suffering from kidney or rheumatic disorders. In large amounts it can cause weakness, fatigue, fluid retention and bloodstained diarrhoea, as well as yellow pigmentation and photosensitivity of the skin. It can be poisonous for animals.

Rubrum is derived from Latin *ruber* (red).

Some records note that in North America the Gosiute tribe ate the seeds.

It is said to be one of the favourite foods of birds, including poultry.