

Underexploited Andean and Commercial East Asian Vegetable Amaranth Cultivars (*Amaranthus* spp) Contribute to a Better Human Nutrition

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Keywords: vegetable amaranth, underexploited vegetables, organic, human nutrition

Abstract

Two Andean types (*Amaranthus. dubius* and *A. caudatus*) and 10 Asian cultivars (*A. tricolor*) of amaranth were organically grown as leafy vegetables and compared with regard to adaptation to low-input systems on the Peruvian coast, growth and development, yield, and potential for consumer acceptance. The study shows a great potential for the production of organic vegetable amaranth in Peru and its reintroduction as a crop aimed at the reduction of micronutrient deficiencies among the poor. This paper also provides some insight on the transformation of the weedy *A. dubius* into a crop and guidelines for future research.

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