

**ISURF#03801: DB 2006306: White Seeded African Vegetable Amaranth  
(*Amaranthus cruentus*)**

The African Vegetable type is popular in West Africa. The traditional examples have black seeds; this version has white seeds which are more appealing as food since the seeds cook-up into a white porridge. Having white seeds makes this line suitable for use both as a vegetable, and for edible seed (grain) production.

Grain amaranth is a potential crop for West Africa since it can improve the nutrition of people that have enough calories but lack complete protein with all the amino acids. Amaranth grain has an excellent protein quality, like eggs. Therefore, amaranth grain is complementary with other crops such as cassava, maize, or taro that yield plentiful calories, but have deficiencies in amino acids.

This amaranth has the traditional African vegetable plant-form with branching along the stem and it is all-green with no spots of red. The source germplasm is an African Vegetable Type amaranth (PI 490662) which came from Benin. The line began as an off type with white seeds, selected in 2004 from among plants with black seeds. Since the plant form is traditional it may be easier to adopt as a vegetable and grain crop than other grain amaranths.



Questions regarding the varieties may be directed to the breeder, David Brenner at 716 Farmhouse Ln, Iowa State University, Ames, IA 50011 or by phone (515-294-6786) or email ([dbrenner@iastate.edu](mailto:dbrenner@iastate.edu)).

If you have any questions regarding the licensing of these new varieties, please contact Dr. Yi Wu by phone (515-294-9442) or email ([germplasm@iastate.edu](mailto:germplasm@iastate.edu)).