7 Reasons Why You Should Be Growing Amaranth

Categories: Uncategorized

Some of you are going - what the heck is amaranth? Well in simple terms it is a grain/cereal similar to wheat or rice, but it is actually more commonly related to quinoa (cue the what is quinoa questions!). It is actually easier to grow and process than wheat and rice...

Why should you consider growing amaranth then? It is very easy and forgiving to grow and it is also a very high yield crop. Easy, forgiving and high yield, surely growing amaranth is a no brainer already. But wait, there's more, amaranth is highly nutritious and very high source of vital protein. Check out the post below detailing 7 reasons why you should try growing some next year.