Quinoa

Chenopodium quinoa



Quinoa flowers
Photo courtesy of NetPS Plant Finder

Height: 30 inches

Spread: 18 inches

Sunlight:

Hardiness Zone: (annual)

Description:

A tall and vigorous selection primarily grown for its edible seeds harvested in the fall; green leaves are edible when young and can be prepared into salads or simply sauteed; seeds can be used in salads, or as a rice substitute

Edible Qualities

Quinoa is an annual vegetable plant that is commonly grown for its edible qualities. It produces tiny tan seeds which are typically harvested when mature. The seeds have a mild taste.

The seeds are most often used in the following ways:

- Eating When Cooked/Prepared
- Cooking

Planting & Growing

Quinoa will grow to be about 30 inches tall at maturity, with a spread of 18 inches. This vegetable plant is an annual, which means that it will grow for one season in your garden and then die after producing a crop.

This plant is typically grown in a designated vegetable garden. It should only be grown in full sunlight. It prefers dry to average moisture levels with very well-drained soil, and will often die in standing water. It is considered to be drought-tolerant, and thus makes an ideal choice for a low-water garden or xeriscape application. This plant does not require much in the way of fertilizing once established. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This species is not originally from North America.

Quinoa is a good choice for the vegetable garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.