Feather cockscomb HEMERA

*Celosia argentea L.*

This leafy vegetable of the Amaranthaceae family can also be called « Spinach from Lagos ». Very appreciated in West Africa, it represents a potential resource to improve the nutrition.

**PLANT**
- Erected plant
- Can reached 2 m high

**LEAVES**
- Oval to lanceolate
- Can reached 20 cm long and 9 cm of width
- Light to medium green
- Tender

**FLOWERS**
- Very decorative
- Capitulum can reached about 20 cm long
- Pink color

**CONSUMPTION**
- Tender leaves and stems cooked in soup, sauce and stew, as amaranth
- Young capitulum consumed as condiment
- High rate of micronutrients: iron, A and C vitamins

**CROP ADVICES**
- Direct sowing
- Can be grown all the year long
- Resistance to drought
- Late flowering when tender vegetative parts are often cut

Les informations techniques figurant sur cette fiche sont fournies à titre indicatif, chaque condition de culture pouvant influencer les résultats finaux. Technical data supplied on this document are only indicative. Every growing condition may modify final results.