



# TECHNISEM

*A nutritious and ornamental variety!*

## Feather cockscomb HEMERA

*Celosia argentea L.*

This leafy vegetable of the Amaranaceae 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 à 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

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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.

