



# Exploring scope of amaranth greens as a nutritious leafy vegetable in the western high mountains

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# Introduction

- Amaranth is predominantly consumed as a grain in those high mountains and as a leafy vegetable in the mid-hills and plains.
- Highest incidence of stunting (60%), high incidence of wasting (15%) and highest incidence of underweight (50%) among children below the age of five in the mountain areas of Far and Mid Western Development Regions, including Karnali zone (WFP Nepal Food Security Atlas 2010)
- Poor nutrition in early childhood can have lasting consequences in adulthood due to significantly compromised cognitive and social development.

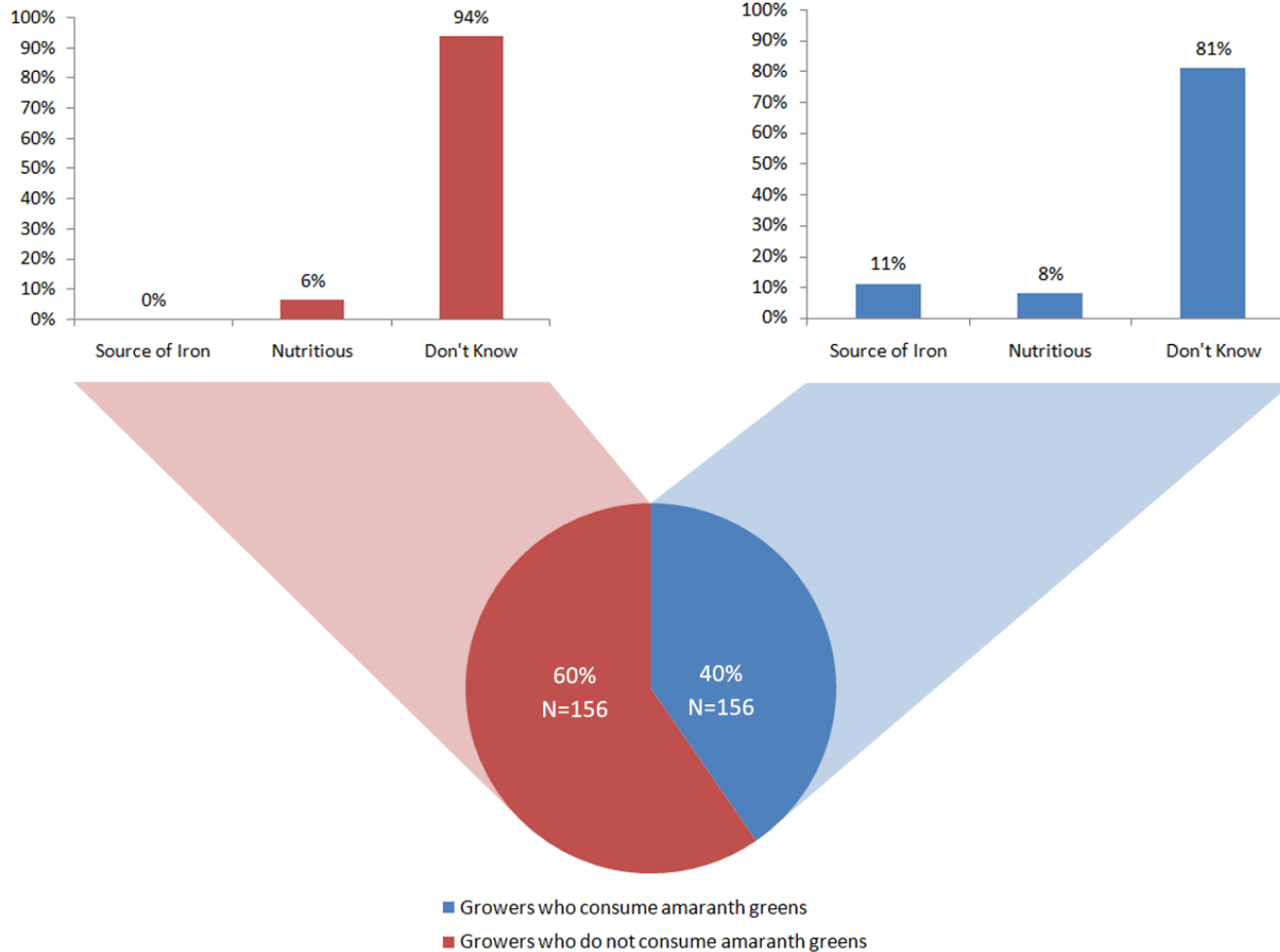
# Materials and Methods

- Data were collected through semi-structured questionnaire survey in 156 households growing amaranth in Talium (2013) and Hanku VDC (2014).
- “Good for blood,” “increases blood” = Iron content
- “vitamin-rich,” “gives strength” = Thinks the crop is nutritious

# Materials & Methodology

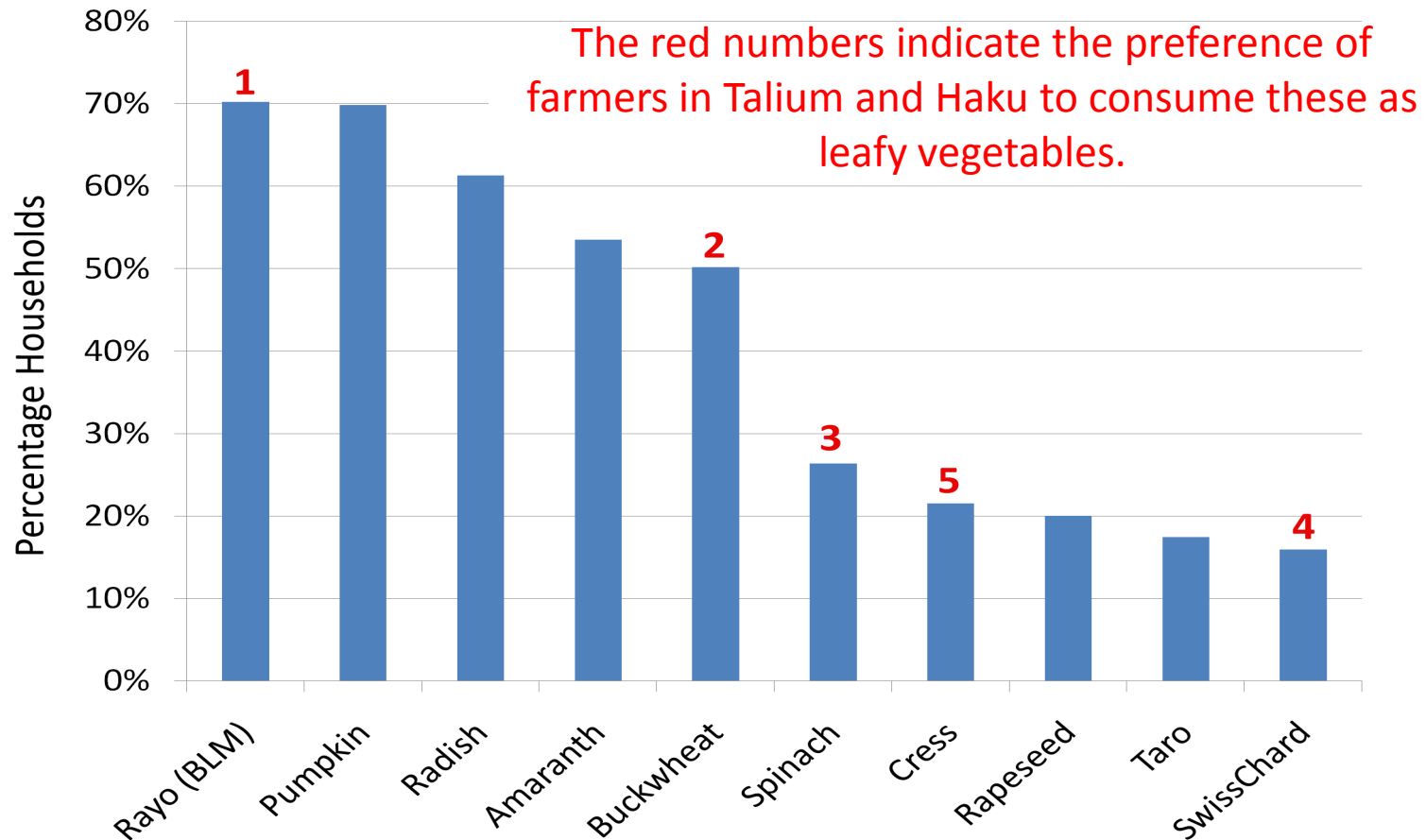
- Farmers (N=110) in Hanku and Talium were interviewed for the vegetables they preferred to eat and asked to rank them from 1 to 5.

# Results and Discussion



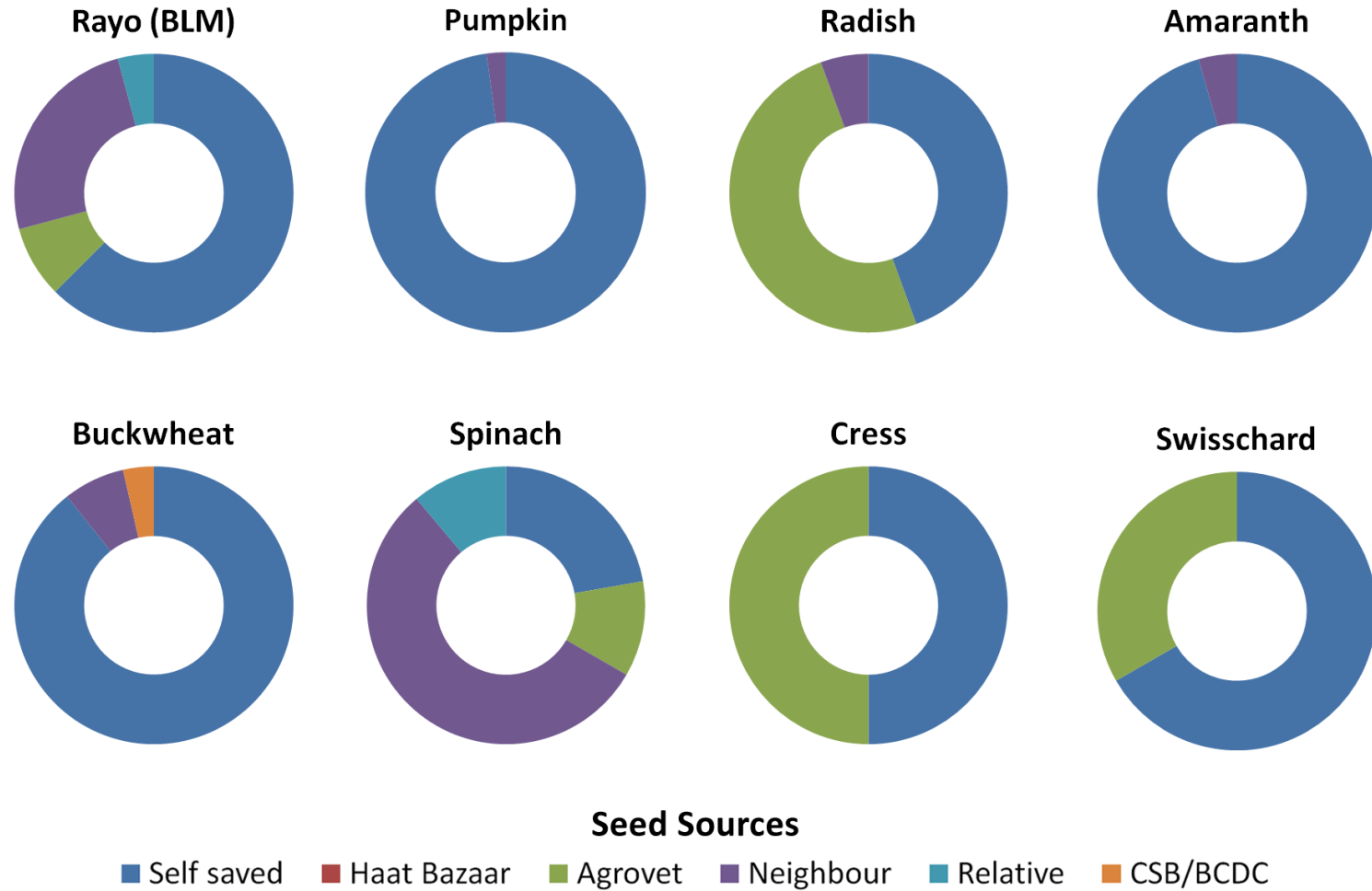
**Awareness of the nutritional value of amaranth greens among amaranth growers in Jumla**

# Results and Discussion



Prevalence of species of leafy vegetables in the households of Talium, Jumla (IFAD-NUS Benchmark Survey 2013)

# Results and Discussion



Seed sources of selected leafy vegetables in Talium, Jumla (CBM Nepal Survey 2013)

# Conclusion

With the relative abundance of amaranth in households, self-saved seeds and lack of nutritional awareness among farmers, promotion of amaranth as a green leafy vegetable is an important intervention that needs to be pursued to address the nutritional security of the rural people of the high mountain areas.