

# Foxtails

*Goose Feet – Amaranth*



Tastes very tasty, somewhat spinach-like. Super delicious in lasagna or quiche, best with onions, finely chopped briefly stew.



The relationship with spinach is obvious. In the goose feet and some Melden, the leaves look like footprints of geese. Small, inconspicuous flowers, the leaves are very diverse.



Already more than 10,000 years ago, these plants were regularly collected and utilized, so they are real "Stone Age" plants



Do not eat the seeds, they contain saponins, the leaves oxalic acid. Not for kidney patients!



Beginners can confuse the amaranth with the poisonous bingel weed. The latter rarely grows taller than 30cm, while the amaranths reach up to 2m in size. Bingelkraut has a square stem, that of the Amatranthe is round.