



## Lambsquarters

### DID YOU KNOW?

In 9th century England, the yearly calendar was divided into four quarters. August 1st, called Lammas Quarter, marked the start of one of the quarter periods. On that day people had a festival to celebrate harvesting the first wheat of the season. They often ate a leafy green at that time of year, which they called lambsquarters!



### THE COMMON LAMBSQUARTERS PLANT

Lambsquarters is an annual. It grows from about 1 to 2 meters (3-6 ft) high in one growing season.

Leaves are shaped sort of like triangles.



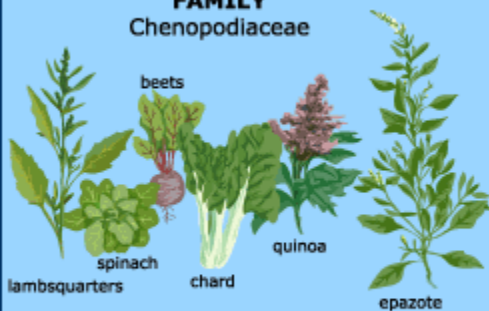
The underside of leaves are covered with a white powder.

Tiny green flowers are at the tips of branches. They have no petals.



### CLASSIFYING COMMON LAMBSQUARTERS

#### FAMILY Chenopodiaceae



Members of this family are grown as root and leaf vegetables, flowers, herbs, and grains.

#### GENUS *Chenopodium*

In Greek, this means "goose foot." Some members of this family have leaves shaped like a goose foot.



#### SPECIES *album*

In Latin, "album" means white. The flowers and undersides of leaves are whitish.



### A FRIEND . . .

Young lambsquarters can be eaten raw or cooked like spinach. It contains more iron, protein, vitamin B2, and vitamin C than either spinach or cabbage. Seeds can be eaten raw. They can also be dried and ground, and then used in hot cereals or baked goods.



In winter, song birds eat the tiny lambsquarters' seeds.

### ...OR FOE?

One lambsquarters plant can produce 75,000 seeds. The seeds can sprout and grow in almost any soil. Lambsquarters can outgrow most crop plants, and quickly take over any bare soil.



Lambsquarters grows very quickly, but at least it's easy to pull up.

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