

Lagos Spinach

Celosia argentea

A very decorative perennial, this leafy green herb/vegetable is often grown in the ornamental garden. This plant loves full sun and thrives in manured, well drained soil. Blooming in mid Spring to Summer, the flower heads last up to 8 weeks. Remove dead flower heads to promote further growth. It will grow to 2m and tolerate dry soil but not wet feet.

An unusual annual leafy vegetable, it is easy to grow in most climate zones and is drought tolerant. There are few problems with pests or diseases. It is grown in many parts of the world especially Africa and Mexico. The leaves, young stems and young flower buds are best used cooked. The leaves have a soft texture and a mild spinach-like taste. It is known to self-sow, which means you can expect to see more plants popping up without you having planted them. Flowers can be cut for flower arrangements or the dried and chopped plants can be used as forage for livestock and poultry.

Recommendations:

- To easily identify your seedlings, label your stake.
- Remove dead flower heads to promote further growth.
- Avoid over watering.

To save your seed:

Let the flowers mature, then look closely in the flower buds. You'll start to see the seeds develop. Turn the flower head upside down and watch seeds fall out. Store in a sealed container in a cool and dry place.

Remember to label your seeds with the name and date of when they were collected.