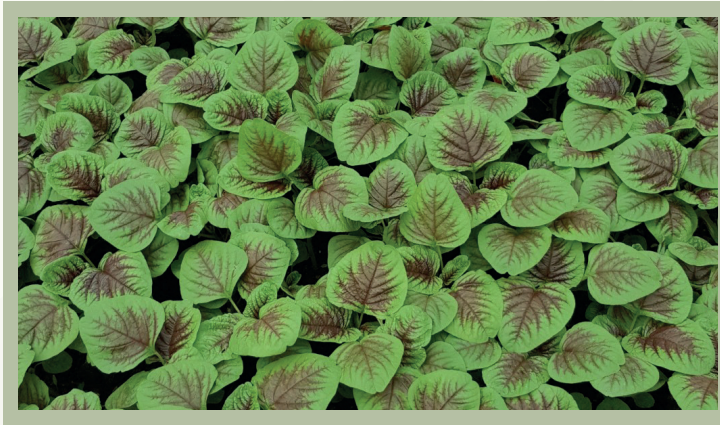


EDIBLE GARDEN



RED SPINACH

Red spinach (*Amaranthus dubius*) is a plant native to South America, Mexico. Despite its name, the red spinach is unrelated to spinaches (*Spinacia oleracea*). The crop grows well in well-drained, fertile soil and in sunny locations – perfect in Singapore’s climate.

Red spinach is popularly added to curries and a fried fritter known as Bhaji in South Asian and Bengalese cuisine. In Southeast Asian preparations, mature leaves are sautéed while young leaves are used raw in salads giving rich flavour and a ruby red hue to the dish.