

Metis Spinach

Pigweed or Lamb's Quarters (*chenopodium album* and *amaranthus retroflexus*) is used by the Metis as a spinach substitute. The greens of the young plants are boiled and are said to taste better than spinach. The leaves are also mixed fresh with other vegetables to make a salad. This plant is eaten as a vegetable in different places of the world. The *chenopodium album* is commonly called White Goosefoot or Pigweed, whereas the *amaranthus retroflexus* is known as Redroot Pigweed. No species of genus *Amaranthus* are known to be poisonous. Red Rooted Pigweed was used for a multitude of food and medicinal purposes by many Native American groups.



White Goosefoot



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