**Amaranthus**

They can be annuals or short-lived perennials and are cultivated as leaf vegetables, pseudocereals, and ornamental plants. Most of the Amaranthus species are summer weeds and are commonly referred to as pigweeds. These plants go back to the Astecs, but around 1970 the plant became celebrated as a superfood having calcium, manganese, vitamins A, C, and K and other key ingredients. It is best known for it quinoa-like grains.

The plants come in an array of colors developing plume-like flowers that bloom upward and cascade down. Cockscomb (Celosia cristata) is a common garden plant of the amaranth family. They resemble the red combs on the head of roosters and range in color from white to yellow to shades of orange, red, and purple.