



# QUINOA

History/Origin

- ☆ Quinoa is pronounced **KEEN-WAH**.
- ☆ The quinoa plant is native to ***Bolivia, Chile and Peru***.
- ☆ It has been growing in the ***Andes Mountains*** for over ***5,000 years***, and was a staple of the Incas.
- ☆ It means “***mother grain***” in the Inca language.
- ☆ Peru and Bolivia maintain seed banks with **over 1,800 varieties**.
- ☆ It has been grown in the **U.S. since the 1980s**, when two farmers began cultivating it in Colorado.





Botanical

# QUINOA

- ☆ Although many consider quinoa a grain, it is ***not a true cereal or grain*** because it is not a grass.
- ☆ It is the seed of a plant called:  
***Chenopodium quinoa***
- ☆ Quinoa is an ancient food. It is a relative of ***leafy green vegetables*** and is closely related to beets, spinach and chard in the family ***Amaranthaceae***.
- ☆ The plant resembles spinach, but with stalks as high as 9 feet. The large seeds vary in color: **red, purple, pink and yellow.**





Nutrition

# QUINOA

☆ Quinoa is:

- ♥ ***Very high in protein*** making it a healthy choice for vegetarians, vegans and athletes.
- ♥ A good source of ***dietary fiber***.
- ♥ ***High in magnesium*** and may be especially valuable to those with migraine headaches.
- ♥ ***Gluten-FREE*** and considered easy to digest.

☆ Because of its high nutritional value, quinoa is being considered a possible crop in ***NASA's Controlled Ecological Life Support System*** for long-duration manned spaceflights.





Quinoa greens



Quinoa in flower



Quinoa before flowering

# QUINOA

Fun Facts

- ☆ The Incas considered the quinoa crop to be sacred. It was called *chisaya mama* or *mother of all grains* and *Gold of the Incas*.
- ☆ Each year at planting time, it is traditional for the Inca leader to sow the first quinoa seeds using a *golden shovel*.
- ☆ Quinoa was used to sustain Incan armies, which frequently marched for many days eating a mixture of quinoa and fat, known as "*war balls*."

