

Discover the Flora of Our Campus

White goosefoot (*Chenopodium album*)

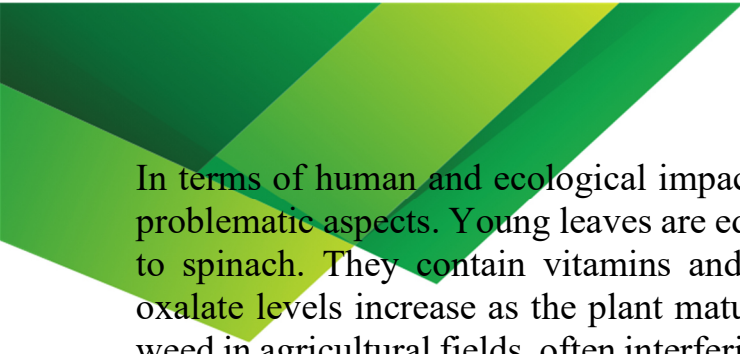
Chenopodium album, commonly known as “**white goosefoot**” or “**lamb’s quarters**,” is a fast-spreading wild herbaceous plant. Its leaves are light green, ovate, and may have slightly toothed or smooth edges. The plant often has a whitish, flour-like coating on its surface, which is why it is called “white.” Its stem grows upright and can reach from 30 cm to over 1 meter in height.



This species does not have a single specific native range but is widely distributed in temperate regions of Europe and Asia. Today, it is a cosmopolitan weed found in almost all agricultural regions worldwide. It grows rapidly in fields, gardens, roadsides, and open disturbed areas. In Azerbaijan, it is also one of the most common wild weeds in spring and summer.

Chenopodium album can grow in both sunny and partially shaded areas. It is not very demanding in terms of soil and can even thrive in poor soils. It is a fast-growing and quickly maturing plant, often considered a weed. It has moderate drought tolerance and can produce seeds in a short time, allowing it to spread efficiently. Its

life cycle is short, and it can produce multiple generations within a single growing season.



In terms of human and ecological impact, white goosefoot has both beneficial and problematic aspects. Young leaves are edible and are used in some regions similarly to spinach. They contain vitamins and minerals, although caution is needed as oxalate levels increase as the plant matures. On the other hand, it is a competitive weed in agricultural fields, often interfering with crop plants. Its seeds can also serve as food for birds in ecosystems.

Its uses mainly include traditional food consumption and occasional folk medicine. In spring, young leaves can be boiled or used in salads. In some areas, it is also used as animal fodder. However, its primary role is as a wild plant in nature, where it is often managed as a weed in agriculture.

Interestingly, *Chenopodium album* produces a very large number of seeds—one plant can produce thousands. Its seeds can remain viable in soil for a long time, allowing repeated germination. It is considered one of the most widespread wild weeds in the world and is highly adaptable to different climates.

