

CHIA

Salvia hispanica

Lamiaceae

ECHO® PLANT INFORMATION SHEET

Description

Chia is an annual plant in the mint family, growing to 1.75 m, and cultivated for its very nutritious seeds which are high in omega-3 fatty acids. Chia is a short day plant best suited for the tropics and sub-tropics.

Origin

Central and South America

Uses

Chia is grown for the seeds which are added to dishes for enhanced nutrition.

Common Names

References

University of Kentucky Center for Crop Diversification Crop Profile, Chia
<http://www.uky.edu/ccd/sites/www.uky.edu.ccd/files/chia.pdf>