



## Maath: The Forgotten “Superfood” from Indian Soil

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These days, you walk into any supermarket and you’ll spot rows of kale, broccoli, and some salad greens you’ve never even heard of. Health enthusiasts love their imported vegetables—they shell out big bucks just to fit those “exotic” foods into their diets. But right under our noses, something amazing has been growing quietly for generations—Maath, or *Amaranth*. Most people brush it off as a basic rural staple, but the truth is, it packs a nutritional punch that rivals any of those trendy “superfoods.”



### Meet Maath: Two Varieties, Big Benefits

Maath isn’t just another leafy green; it’s loaded with proteins and minerals. Scientifically, it goes by *Amaranthus* (mostly *Amaranthus tricolor* and *Amaranthus viridis*), and it comes in two main types:

**Red Maath (Lal Maath):** With its deep purple or red color, this one’s rich in antioxidants that help detox your body. Traditional wisdom says it’s great for boosting hemoglobin too.

**Green Maath (Hirwa Maath):** Easier to find in the markets and prized for its cooling effect, folks reach for it when their digestion’s out of whack.

### Why Amaranth Deserves the Spotlight?

Maath puts a lot of other greens to shame with its nutritional stats:

**Calcium:** Forget about milk for a second—Maath actually has more calcium.

**Iron:** If you deal with anemia or just want more iron, Maath beats even spinach.

**Lysine:** Vegetarians struggle to get complete proteins, but Maath comes packed with lysine, an amino acid that’s rare in ordinary leafy greens.

### Cooking with Maath: Traditional and Trendy

People say Maath tastes bland, but cooks and farmers are changing that story. Here’s how:

**Lasuni Maath (Garlic Sauté):** Cooked with garlic and green chilies, this classic dish keeps the leaves’ bright colors and nutrients intact—just steam them gently without a lid.

**Wellness Soup:** For a lighter option, blend Maath with ginger and garlic, and temper it with cumin in ghee. It’s a go-to remedy for cooling the body.

### Modern Twist: Amaranth Powder

Maath leaves tend to spoil fast, which is a headache for farmers. But now, they’re turning it into Amaranth Powder—a convenient, concentrated form. You can sneak this “nutrition boost” into noodles, pasta, or biscuits. Kids and picky eaters won’t even notice the difference, but they get all the good stuff.



### Back to Our Roots

Maath is cooling by nature (“Sheetal”), so it’s a blessing for digestion and inflammation. Just because it’s inexpensive doesn’t mean it’s cheap—its resilience is what makes it valuable. Choosing Maath doesn’t just help your health; it supports local farmers and boosts sustainability. Next time you reach for an expensive foreign veggie, take a look at what’s growing right in your backyard. It’s powerful, it’s affordable, and it’s ours.

