

Edible Leaf Plants

Okinawa Spinach

'Okinawa Spinach' is commercially grown in China as a green, it is not a true spinach. Both the stems and the leaves can be eaten raw or cooked. The top of the leaves are dark green and the undersides are purple. 'Okinawa Spinach' has a unique flavor with a faint hint of pine, and will add a beautiful aesthetic element to cuisine. This green is also known as cholesterol spinach, and there are many claims that it lowers can cholesterol. This plant will thrive in pretty much any type of soil from clay to silt to sandy soils. It does well in any type of light other than full shade, but will grow best in full sun to partial shade. Okinawa Spinach is not a heavy feeder, and is relatively pest-free.



Longevity Spinach

This plant is widely recognized for its medicinal value. Research shows that it is an efficient regulator of blood sugar and protects the kidney and retinas from damage caused by high blood sugar. It also lowers blood cholesterol and triglycerides, lowers blood pressure, and has anti-inflammatory and antiviral activity. The leaves of this plant can be eaten raw or can be used as vegetable. Most recommends 3-6 leaves to be eaten daily. It likes moist soil always.



Okinawa Spinach

Longevity Spinach

Cranberry Hibiscus

Cranberry Hibiscus (a.k.a False roselle, African rosemallow – Hibiscus acetosella) is a striking and colorful plant with red leaves that resemble a maple leaf. It can be grown as a border or hedge plant – its dramatic purple leaves contrasting nicely with plants that have paler green leaves. The leaves can be eaten raw or dried and used in tea.



Cranberry Hibiscus



Katuk

Katuk

It is one of the most popular leaf vegetables in South Asia and Southeast Asia and is notable for high yields and palatability. The shoot tips have been sold as tropical asparagus. In Vietnam, the locals cook it with crab meat, minced pork or dried shrimp to make soup. In Malaysia, it is commonly stir-fried with egg or dried anchovies. In Indonesia, the leaves of the plant are used to make infusion, believed to improve the flow of breast milk for breastfeeding mothers. It also has high level of provita-min A carotenoids, especially in freshly picked leaves, as well as high levels of vitamins B and K, protein and minerals. The more the leaves mature, the higher the nutrient content of the leaves.



Yerba Mate

Yerba Mate

The Yerba Mate is an energetic evergreen tree that produces leaves that are full of benefits. Once boiled in water they produce a drink that gives people more energy than coffee and has more vitamins and nutrients than tea. Yerba Mate is often referred to as the 'drink of the gods' because it contains vitamins A, B, C as well as potassium, iron, manganese, antioxidants and more.

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Bay Leaf

Bay leaves add their essence and aroma to our soups and stews, but did you ever wonder how to grow a bay leaf tree? The seasoning is so commonplace it is easy to forget that the leaves are from a growing tree. The sweet bay leaf tree (*Laurus nobilis*) is a 40- to 50-foot tall tree native to the Mediterranean region. It was once made into a wreath to crown the winners of ancient Greek games. The tree is considered to be one of the oldest cultivated tree species.



Bay Leaf

Tea Plant

The *Camellia Sinensis* can be grown to harvest, but you can also enjoy its beauty. It mixes well with a variety of plants and adds hints of deep green and pops of white to otherwise colorless landscapes.

Because this plant can be pruned back for harvesting, it is great for patios, decks or as a kitchen plant. Simply pot it up in a container with well drained soil and water it regularly. Small, white flowers will appear in winter. Their creamy yellow, floret-style centers are really quite lovely.

When planted outdoors, the *Camellia Sinensis* performs very well. It is hardy in growing zones 8-11. However, when potted up as a container or patio plant, it can be grown anywhere in the country (zones 4-11).

These plants are extremely adaptable to a variety of soil conditions. Because this plant is disease-resistant, it requires no harmful pesticides. This means that you and your family don't have to worry about ingesting harmful chemicals while you enjoy a nice cup of tea!

This tea plant has the ability to turn into a tree if left unattended, so if your intentions are to harvest it for tea, prune it regularly to keep it small.



Tea Plant

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