



Gynura procumbens **'Longevity Spinach'**

Plant Highlights

- Adds aesthetic element to cuisine
- Wonderful Ground Cover for Warm Areas
- Leaves & shoots are edible
- Eat juiced, raw or cooked
- Cultivated in Southern Asia

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.

FEATURES:

- Great Foliage
- Low Maintenance

EXPOSURE:

- Full Sun
- Partial Sun

SOIL MOISTURE:

- Moist, Well-Drained

PURPOSE:

- Food Production
- Aesthetics/Decor

FOLIAGE COLOR:

- Green

COMMERCIAL MARKET:

- Fresh

APPLICATIONS:

- Border or Bed
- Edible Garden
- Patio & Garden
- Mass Plantings
- Mixed Combos
- Hanging Baskets
- Containers