

Gynura procumbens 'Longevity Spinach'



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.

<p>FEATURES:</p> <ul style="list-style-type: none"> · Great Foliage · Low Maintenance 	<p>EXPOSURE:</p> <ul style="list-style-type: none"> · Full Sun · Partial Sun <p>SOIL MOISTURE:</p> <ul style="list-style-type: none"> · Moist, Well-Drained 	<p>APPLICATIONS:</p> <ul style="list-style-type: none"> · Border or Bed · Edible Garden · Patio & Garden · Mass Plantings · Mixed Combos · Hanging Baskets · Containers
<p>PURPOSE:</p> <ul style="list-style-type: none"> · Food Production · Aesthetics/Decor 	<p>COMMERCIAL MARKET:</p> <ul style="list-style-type: none"> · Fresh 	<p>FOLIAGE COLOR:</p> <ul style="list-style-type: none"> · Green