

# Chaya – Tree Spinach

*Cnidoscolus aconitifolius*



Chaya Cream Soup

Chaya is eaten as a leafy green vegetable. It is very common in Mexico. It's cooked just like spinach and is excellent in stir-fries. It's a wonderful source of protein, vitamins, calcium, iron and antioxidants. This super green is said to have more nutritional benefits than spinach. The leaves must be cooked before being eaten, as the raw leaves are toxic. The plant grows in full sun, well drained soil and can reach 8'-10'h x 4'w. Perennial in milder winters. Otherwise, protect or just replant each year – grows extremely fast.