

Longevity Spinach

Gynura procumbens



Longevity spinach is a vegetable that has recently become popular in the U.S. – originally found in China. It has a high medicinal value benefiting diabetics, people with high blood pressure and numerous other ailments. Google™ it and you'll be astounded at its long list of benefits! There are many ways to consume this plant – its leaves have a mild, raw taste so they can be crushed and put in smoothies, soups or teas. You can also eat it raw like you would any other leafy green in salads or sandwiches. Partial sun to sun. If you plant early in the spring, it can adapt to full sun. Typically grown as an annual vegetable, or can be kept potted inside during the winter. In spring, it will rapidly regenerate from the roots. Easily harvested by pinching off the end leaves.