

Butterfly Pea

Clitoria mariana L



Butterfly pea is a perennial vine up to three feet long, but it is a twining vine and not a climbing vine.

If butterfly pea did nothing but hang out on the side of a plate and look pretty, it would still be doing an awesome job if you ask me. But being a garnish isn't what this plant is known for. Southeast Asian chefs and home cooks have long employed butterfly pea as a natural food coloring. It's often used to transform rice dishes and desserts.

When to plant: Spring

Uses in medicine: as a supplement to enhance cognitive functions and alleviate symptoms of numerous ailments including fever, inflammation, pain, and diabetes