

Katuk

Sauropus androgynus



When to plant: year-round

When to harvest: year-round

Uses in medicine: A good source of Vitamin K and A carotenoids, protein and minerals. The more the leaves mature, the higher the nutrient content of the leaves.

Uses in cooking: The flavor is compared to that of a pea, with a bit of a nutty flavor. It is eaten raw and cooked. Produces rapidly growing tender tips that are similar to asparagus.