Longevity spinach
*Gynura procumbens*

**When to plant:** Year round

**When to harvest:** Year round

**Uses in cooking:** Can be used in salads, smoothies, soups, stir-fries or it can be made into tea

**Uses in Medicine:** Lowers blood cholesterol and triglycerides and provides anti-inflammatory and antiviral properties. Protects against ulcers and heals lesions. Protects kidney cells from kidney disease