

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