Chaya
*Cnidosculus aconitifol*

**When to Plant:** Spring

**When to Harvest:** 3-6 months after planting

**Uses in Medicine:** Rich in antioxidants, protein, calcium, iron, and Vitamin A; nutritional content is significantly higher than any other land-based leafy vegetable; antidiabetic effect

**Uses in Cooking:** Good source of protein

**Fun Facts:** Commonly known as tree spinach; leaves should not be eaten raw as the raw leaves contain high toxic content; requires gloves for harvesting