

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

