PLANT FACT SHEET

Gynura divaricata (L.) DC

GENUS *Gynura* **FAMILY** Asteraceae

COMMON NAMES Chinese groundsel, White gynura

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots

The leafy shoots are boiled with brown sugar and poached eggs added. They are also used in stirfries.

DESCRIPTION

A succulent herb. It has robust rootstocks. The primary stems emerge from the rootstock and are 0.5-1.5 m tall. They are 5-10 mm across. They end in a cluster of flower heads. In the next season secondary branches emerge that are shorter and thinner and have leafy portions 5-30 cm long by 3-5 mm wide. The flowers are bright golden yellow.

HABITAT

It is a subtropical plant. It grows on open hillsides often in rocky areas. It occurs on cliffs close to the seashore. Because of the buried rootstock it is fire resistant. In southern China it grows in wet places and amongst rocks near the seaside from sea level to 2,800 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 100 Gynura species. They are mostly in the tropics.
This one helps against diabetes.

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