

# Longevity spinach/Chinese spinach *Gynura procumbens*

Related to Okinawa spinach

## Description

Long lived perennial. Low growing semi-succulent edible vine which creeps along the ground. Suitable to prune into a bush. May be kept in a pot as a houseplant or for outdoor container gardening.

Native to China, southeast Asia, and Africa.

The young, slightly fuzzy leaves are tender so they can be eaten fresh in salads, added to smoothies, soups, stir-fries or made into tea. The taste is similar to spinach. When it is cooked, the leaves are slightly viscous. You can use this in any recipe calling for spinach. It is tender enough to use instead of lettuce in sandwiches. The crunchy stems can substitute for celery.

Chickens readily eat longevity spinach!

## Culture

USDA zones 9-11

Mostly pest free. If whiteflies or mites are a problem, simply wash them off or use an organic pesticide like Neem oil.

Grows well in either in the shade or full sun, but semi-shade is preferred as it tends to grow better.

Prefers moist soil. Let the top one inch of soil dry out in between waterings. During the winter when the growth slows down, you can cut back on watering.

For lush growth, fertilize every few weeks with a liquid organic fertilizer.

Longevity spinach is quite easy to grow and propagates readily from cuttings placed in water.