

**Common names****Velvet plant, Gynura, Okinawan spinach, Red**

Asteraceae

Scientific name***Gynura bicolor*****Edible portion** Leaves, Vegetable, Roots, Leaves - tea,**Description**

A herb. It keeps growing from year to year. It can be scrambling or erect. It grows 35 cm long. The leaves often have no leaf stalks. The leaf blades are broadly oval and 8-15 cm long. They are usually green on top and purple underneath. They are fleshy. They can have teeth or lobes. The flowers are in loose clusters or 4-13 flower heads. They have purple tips.

Distribution

A tropical plant. It needs a sunny location. In southern China it grows in rocky or wet places by rivers between 600-1,500 m above sea level. In Sichuan and Yunnan.

Found in:

Asia, China, Hawaii, Himalayas, India, Indochina, Indonesia, Japan, Nepal, Myanmar, Northeastern India, Pacific, SE Asia, Taiwan, Thailand, Tuvalu, USA, Vietnam,

Use

Young leaves are eaten as a vegetable or cooked in soups.
The young leaves are flavoured with sauces and vinegar.
The roots are cooked with sliced pork.

Cultivation

It is easily grown from cuttings.

Production

Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence - this means you can share it freely, as is and with acknowledgement.



Nutritional Values

Gynura bicolor

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves		91.6	109	26	3.7			2.3	

FOOD PLANTS INTERNATIONAL



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

