



Country Garden Greenhouse

Gynura

Gynura procumbens

Gynura is a traditional Asian herb used for diabetes. Research shows that it is an efficient regulator of blood sugar. In animal studies it lowered blood sugar in diabetic animals but not in normal animals, unlike antidiabetic drugs. At the same time it protects the kidneys and retinas from damage caused by high blood sugar. It also lowers blood cholesterol and triglycerides, lowers blood pressure, and has anti-inflammatory and antiviral activity. The edible young leaves are eaten fresh in salads or stir-fried with garlic and oyster sauce. Gynura will climb if you let it but it is easy to keep it as a small bush in pots with regular pruning.

Perennial (hardy in zones 10-11+)