

Longevity Spinach

Gynura procumbens



Longevity Spinach foliage
Photo courtesy of NetPS Plant Finder

Height: 18 inches

Spread: 24 inches

Sunlight: ○ ◐

Hardiness Zone: 2

Other Names: Longevity Greens

Description:

An interesting edible scrambling vine that can be trained to climb, or be allowed to naturally spread; young green leaves can be cooked into various dishes; prefers bright, indirect light; a great addition to houseplant collections

Features & Attributes

Longevity Spinach's oval leaves remain green in color throughout the year on a plant with a spreading habit of growth.

This is a spreading evergreen houseplant with a spreading, ground-hugging habit of growth. Its relatively fine texture sets it apart from other indoor plants with less refined foliage. This plant should not require much pruning, except when necessary to keep it looking its best.

Planting & Growing

When grown indoors, Longevity Spinach can be expected to grow to be about 18 inches tall at maturity, with a spread of 24 inches. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 10 years. This houseplant will do well in a location that gets either direct or indirect sunlight, although it will usually require a more brightly-lit environment than what artificial indoor lighting alone can provide. It does best in average to evenly moist soil, but will not tolerate standing water. The surface of the soil shouldn't be allowed to dry out completely, and so you should expect to water this plant once and possibly even twice each week. Be aware that your particular watering schedule may vary depending on its location in the room, the pot size, plant size and other conditions; if in doubt, ask one of our experts in the store for advice. It will benefit from a regular feeding with a general-purpose fertilizer with every second or third watering. It is particular about its soil conditions, with a strong preference for rich, acidic soil. Contact the store for specific recommendations on pre-mixed potting soil for this plant.

There are many factors that will affect the ultimate height, spread and overall performance of a plant when grown indoors; among them, the size of the pot it's growing in, the amount of light it receives, watering frequency, the pruning regimen and repotting schedule. Use the information described here as a guideline only; individual performance can and will vary. Please contact the store to speak with one of our experts if you are interested in further details concerning recommendations on pot size, watering, pruning, repotting, etc.

-- THIS IS A HOUSEPLANT AND IS NOT MEANT TO SURVIVE THE WINTER OUTDOORS IN OUR CLIMATE --