Leaf for Life

Hojas para la Vida

Micro-Forest Nutrition Garden

Aibika (Pacific Hibiscus)

Abelmoschus manihot

Sweet Potato

Ipomoea batatas

Quail Grass

Celosia argentea

Okinawa Spinach

Gynura bicolor

Lemon Grass

Cymbopogon citratus

Turmeric

Curcuma longa

Anise Hysop

Agastache foeniculum

Hopi Amaranth

Amaranthus cruentus

Garlic Chives

Allium tuberosum

Variegated Cassava

Manihot esculenta 'Variegata'

Surinam Purslane

Talinum triangulare

Mushroom Plant

Rungia klossii

Cranberry Hibiscus

Hibiscus acetosella

Sissoo Spinach

Alternanthera sisso

Horsetail

Equisetum hyemale

Katuk

Sauropus androgynus

Vine Spinach

Basella alba

Chaya

Cnidoscolus aconitifolius

Cassava

Manihot esculenta

Hyacinth Bean

Lablab purpureus

Seminole Pumpkin

Cucurbita moschata

Moringa

Moringa oleifera

5 Key Points

- Grow nutrient-rich leaf crops
- Grow perennials
  and self-seeding annuals
- Use vertical space
- Grow multi-use crops
- Encourage diversity

Key Point #1

- Grow nutrient-rich leaf crops

Leafy Vegetable 100 g fresh	**Iron (mg)**
Wolfberry leaves	9.5
Toon *(Toona sinensis)*	8.7
RDA 3 year old	*7.0*
Moringa	6.7
Chaya	5.8
Jute *(Corchorus olitorius)*	4.8
Aibika	4.3
Cabbage	0.6
Lettuce	0.4
Cooked Rice	0.4

Leafy Vegetable 100 g fresh	**Vitamin A (mcg RAE)**
Toon (Toona sinensis)	1550
Chaya	1167
Aibika	673
Jute	590
Moringa	378
RDA 3 year old	*300*
Sweet Potato leaves	189
Lettuce	25
Cabbage	6
Steamed Rice	0

Toon

Toona sinensis

Wolfberry, Goji

Lycium barbarum

Jute

Corchorus olitorius

Key Point #2

- Grow perennials
  and self-seeding annuals

Longevity Spinach

Gynura procumbens

Key Point #3

- Use vertical space

Aibika
Jute

Butterfly Pea

Clitoria ternatea

Key Point #4

- Grow multi-use crops

Pigeon Pea

Cajanus cajan

Key Point #5

- Encourage diversity

Thank you

Leaf for Life

Hojas para la Vida

leafforlife.org