

Katuk

Sauropus Androgynus

Katuk also known as "sweetleaf", it is described as an upright bush with multiple stems and dark green, oval-shaped leaves.

GROW

- **Size:** 4-6 ft tall
- **Light:** Will do best in a shady area, can thrive in the sun as long as soil is damp.
- **Soil:** Well-drained and consistently moist
- **Water:** 2-3 times a week, giving it a deep soak occasionally
- **Maintenance:** Frequent cutting to remove dead or woody stems
- **Pests:** Generally pest-resistant but occasional aphids or leaf miners (can spray with neem as needed).

PROPAGATE

Best way to propagate

- **Cut:** Ideally 7 to 20 inch cuttings
- **Prep:** Strip off lower leaves and side branches, leave leaves and branches at top
- **Plant:** Insert 2-3 inches of the stem into the soil, firm soil around and water lightly
- **Water:** Water regularly for first couple weeks until established
- **Transplant:** Once well rooted, move to a larger pot or directly into garden with rich well draining soil

HARVEST

- Pick the young leaves once the plant is well-established and at least 4-6 ft tall
- **Harvest every 1-2 weeks** to encourage new growth

EAT

Note: Katuk is safe to eat in moderation! Over-consumption may lead to adverse health effects

The leaves can be eaten fresh, stir-fried, and in soups.

- Rinse fresh leaves
- Prepare leaves as desired for a dish.

Scan here for recipe!

