

PERENNIAL GREEN LEAF
BERRIES
BEES AND BUTTERFLIES



Goji berry

Lycium barbarum

Hardy, deciduous shrub with edible leaves and berries.

PLANT TYPE Shrub

PLANT HABIT Deciduous perennial

USES Culinary, Pollinators

DESCRIPTION

Hardy, deciduous shrub with edible leaves and edible bright red berries.

The berries can be used in an astonishing array of ways. In traditional Chinese medicine, Goji berries are eaten raw, dried, brewed into tea, added to Chinese soups, or made into liquid extracts. Of course they can be used in other standard ways you would use berries, in breakfasts etc.

Goji berries are high in vitamins A and C as well as iron and fiber, and low in calories. They have a high level of antioxidants.

HEIGHT 3m

SPREAD 4m

HARDINESS Hardy in UK Winter

MANAGEMENT AND CARE

Goji berry doesn't like being crowded and ideally should have a 1m spacing. Likes well drained and well composted soil. Prune Goji berries in early Spring. As flowers and fruit are formed on the stems that grew in the previous year, early pruning encourages the production of this wood for the next year. Best propagated by soft wood or semi-ripe cuttings in late Summer or hard wood cuttings in Winter.

ORIGIN/HISTORY

Goji berry is native to Asia and is also found wild in Russia, China, Turkey, and Japan.