

FGCU Food Forest

Plant Database

Katuk (*Sauropus androgynus*)

Origin: Borneo

Description: Katuk is a multi-stemmed medium shrub to a small understory tree.

leaves. It has a moderate to fast growth rate.

Uses: Edible leaves, young green stems,

Harvest: Warm months

Flower: Borne singly or in groups of 3 along the underside of stems at the leaf axils. The flowers are yellow to red flat and circular. Cross pollination of flowers from separate plants might be required for fruits to be

Tolerance: Generally pest and disease resistant. It can be grown in shade to sun but requires more moisture when grown in

variety of soils but will do best in moist soils with organic matter. It can tolerate

growing season.



General Description: Overall, Katuk is an easy to grow perennial plant that provides nutritious greens throughout the year. The raw leaves have been described as having a slightly nutty or pea like flavor. When Katuk is grown in the shade and given ample fertilizer and water, it readily produces elongated edible green tips.

- **Native Origin:** Borneo
- **General History:** Katuk is a staple in many parts of Asia such as China, Japan, Malaysia, Thailand, Vietnam, and even India. The leaves, tender tips, flowers, and fruit are eaten

both raw and cooked in many traditional dishes throughout these regions. The elongated tender tips of this plant are often cooked and eaten like asparagus. Katuk is a very nutritious perennial green, many of the nutrients found in spinach are found in Katuk in greater amounts such as protein, calcium, iron, Vitamin A, and Vitamin C. Katuk is an excellent source of protein 49% and fiber 18%. It also has more potassium than bananas and more phosphorous than soy beans. Some caution should be taken to ensure raw Katuk leaves are consumed in moderation as prolonged excessive daily consumption can be detrimental.

- **Distribution:** Tropical and subtropical regions in South, Central, and North America, Asia, the Pacific, and the Caribbean.
- **Season of Harvest:** Year-Round (Mainly during growing season or warm to hot months)
- **Culinary Uses:** Throughout parts of South and Southeast Asia Katuk is used in soups with minced pork or dried shrimp. It is included in stir fries with eggs or dried anchovies. It is also cooked in dishes with crab meat. The green shoots are steamed and eaten like asparagus.

Katuk Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Malpighiales
Family:	Phyllanthaceae
Tribe:	Phyllantheae
Subtribe:	Flueggeinae

Sources

<http://www.echocommunity.org/pt/resources/e61e4b99-7d69-4b5d-a023-c06d7fe9dd10>
http://members.echocommunity.org/resource/resmgr/a_to_z/azch2pt2.htm
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