

## Rungi - Mushroom Plant - Rungia Klossii Acanth

Mushroom plant, also known as Acanth Spinach, Shombay, Moku, Tani, Aimbe and Kenkaba, is a shade-tolerant, evergreen perennial herb native to Papua New Guinea.

Relatively rare in the US, Rungi is very handsome plant known for its glossy green leaves that taste remarkably like mushrooms.

The very nutrient dense the leaves are rich in iron, vitamin C, beta-carotene and protein. Because of its high chlorophyll content, it is often used in diets as a health-boosting, cleansing green. Can be eaten raw in salads or smoothies and cooked in soup or stir-fries.



Attractive to grow in pots or as an under story plant in the garden, it grows to about 24 inches tall producing oval shaped leaves all year round and blue flowers in spring.

Fairly easy to grow, this plant favors soil rich in compost and a sheltered position with at least part shade. While it can tolerate periods of dryness, regular watering ensures prolific growth. It will also still grow in full sun if watered well but growing in at least part shade with regular watering produces larger leaves. Some leaves form yellow lines along the veins as a response to too much sun.



Regular harvesting/pinching back keeps the plant bushy, preventing it from becoming leggy. Readily propagated from 6" cuttings in soil or water.

Best added at the last minute to stir-fries, pasta sauces, curries, and soups to maintain texture and color. However the mushroom taste intensifies when cooked providing a flavorful umami addition for those who cannot consume mushrooms.