

EDIBLE GARDEN



KANG KONG (WATER SPINACH)

Ipomoea aquatica is a herbaceous, trailing vine native to Southeast Asia, but can also be found in other parts of the world with tropical and sub-tropical climates. Kang kong is easily cultivated in bright, sunny locations within water or moist soil.

Common in Southeast Asian preparations, the hollow shoots and leaves are usually sautéed with garlic, onions, chilli pepper and other spices. Kang kong is rich in nutritional value. Its plant extracts are used to treat jaundice and is being researched for other medical purposes.