

## EDIBLE GARDEN



### PANDAN

Pandan (*Pandanus amaryllifolius*) is a tropical plant that grows abundantly in Southeast Asia. Known as a 'fragrant plant' because of its unique, sweet aroma, the cultivated palm features bright, upright green leaves that are long, slender and spiky. They are used in many Southeast Asian cuisines, imparting fragrance into rice and desserts and provide a natural green colouring to dishes.

Pandan leaves have many potent health benefits, some of which includes its efficacy at lowering blood pressure, alleviating symptoms of dizziness and stroke prevention.