



BUTTERFLY PEA

Clitoria ternatea (klee-TOH-ree-uh tern-AH-tee-uh)

ANNUAL | FABACEAE FAMILY

ZONES: 10-12

EXPOSURE: FULL SUN

MATURE HEIGHT: 15 FT | SPREAD 4-5 FT

BLOOM: BLUE | SUMMER



Medicinal



Culinary



Pollinators



Butterflies



HERB & VINE

— healing plants —

This flowering vine can grow rapidly to its mature height of 15 feet although it will need help to climb. Grown as an annual here in North Georgia, the plant is revered as a holy flower in India. Flowers, leaves, young shoots and tender pods are edible.

- Traditionally used as a tea for its strong antioxidants and health benefits, as well as topically for its beautifying and healing properties.
- Therapeutic*: antioxidant, anti-inflammatory, enhance memory, digestive, respiratory, eye and reproductive health, stabilize blood sugar, increase skin hydration and strengthen hair.
- Culinary: The flowers give a vibrant blue to teas and foods that will change to pink when a few drops of lemon is added.

Caution: consult a doctor before use if pregnant.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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