

Goji - *Lycium barbatum Shanghai Express*

Goji berries have been used in Asia for many centuries as health food and traditional medicine.

Sowing months ***	Germination ***	Temperature ****	Exposure ***	Soil ***
January to March	7-14 days	21-23 °C	Sun	alkaline, dry



Young plant



Flower



Three years plant



Fruit

Height ***	Spreading ***	Maturity ****	Use ***	Hardiness zone ***
100-150 cm	75 cm	3 years	Flower bed	5

Taste Sweet and acid

Appearance The goji berry resembles an elongated small tomato.

Nutrient Rich in antioxidants. B1, B2, B6, C, E vitamins, mineral salts (calcium, copper, iron) and trace elements (selenium, phosphorus, zinc).

Pruning The goji plant can reach 2 meters long if allowed to grow. Prune in winter or early spring by cutting the long vertical rods just above a bud. Flowers and fruits are formed on the wood of the previous year.

Protection Stake your plants for at least the first winter, to keep an accumulation of snow from breaking your goji plant.

