

Country Garden Greenhouse

Sunset Hibiscus

Chinese herb used for kidney disease, scalds, burns, fractures, bleeding wounds, constipation, and urinary tract infection.

Studies have shown that the flowers are very effective in treating certain forms of chronic kidney disease, particularly when proteinuria (excess protein in urine) is involved. The flowers and the seeds are

used to improve lactation in mothers who cannot produce milk consistently. A recent study showed that an extract made from the seeds is a potent aphrodisiac, proving to be as effective as Viagra in mice. The beautiful large yellow flowers are edible and in China they are added to soups just before serving. The Chinese also boil the roots with pork to make a broth. Easy fast-growing garden plant for sunny or partly shaded areas. Where it is not winter hardy it can easily be grown as an annual. Keep well watered; soil must be consistently moist. Ht. 1.2-1.8m/4-6ft. Z 8-11

