

Guarana - Plant

Guarana features large leaves and clusters of flowers.

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Guarana Plant

Description for Guarana

Plant height: 3 - 6 inches (7 - 16 cm)

Plant spread:

Guarana, Paullinia cupana, is a climbing plant in the maple family, Sapindaceae, native to the Amazon basin and especially common in Brazil. Guarana features large leaves and clusters of flowers and is best known for the seeds from its fruit, which are about the size of a coffee bean.

Common name(s): Brazilian cocoa, guarana gum, guarana paste

Flower colours: White to pale white

Bloom time: Summer

Max reachable height: 8 to 10 Feet

Difficulty to grow: Moderate

Planting and care

Obtaining seeds is not easy as this rather a rare plant. What is more challenging is that mostly guarana seeds are viable only for about 72 hours (after which it decays drastically) and may require up to 100 days to issue the first leaflets.

Sow seeds 1/2 inches deep. Always keep the soil moist. It is important at the same time to keep the substrate warm and humid with minimum temperature around 20 Å° C. Alternatively, to soften the seed coat, you can also keep the seeds in warm water for 24 hours before proceeding.

Sunlight: Full Sun to Partial Shade

Soil: Well-drained soil

Water: Medium

Temperature: 28 to 29 degrees C

Fertilizer: Apply any organic fertilizer

Caring for Guarana

- No restriction in watering, keep the soil deeply and evenly moist. Water the guarana plant every morning before the sun hits the leaves.
- For growing guarana, soil should be acidic, pH level around 4.5.
- Light, loamy soil is recommended.

Typical uses of Guarana

Special features: Guarana features large leaves and clusters of flowers, and is best known for the seeds from its fruit, which are about the size of a coffee bean.

Culinary use: NA

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: Guarana is a plant named for the Guarani tribe in the Amazon, who used the seeds to brew a drink. Today, guarana seeds are still used as medicine. Guarana is used for weight loss, to enhance athletic performance, as a stimulant, and to reduce mental and physical fatigue.

References

- <http://balconygardenweb.com/growing-guarana-how-to-grow-guarana/>
- <https://en.wikipedia.org/wiki/Guarana>

Reviews

Friday, 29 November 2019

Do we have to replant it when this will be get delivered to us at home?

Anu Agrawal