

Wild Asparagus, Shatavari - Plant



Shatavari, sometimes known as wild asparagus, is primarily a reproductive tonic (both male and female), a demulcent for the digestive system, and a powerful adaptogen.

Rating: Not Rated Yet

Price

Sales price 349

Discount

Item will be shipped by 3 - 5 days

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Description

Description for Wild Asparagus, Shatavari

Asparagus plants are a herbaceous and perennial that will reach the height of 100 cm to 150 cm, with stout stems with much-branched, feathery foliage. Asparagus belongs to the family of Asparagaceae and genus of Asparagus. Asparagus plant can be used as both vegetable and medicine.

Common name	Flower colours	Bloom time	Height	Difficulty
Satavar, Shatavari, Shatamull, or Abhiru	White	Spring	Up to 120 cm	easy to grow

Planting and care

It is propagated by root suckers or seeds. The soil is prepared well digging up to 15 cm depth. The field is divided into conveniently sized plots and laid out into ridges at 60 cm apart. Well-developed root suckers are planted on the ridges.

Sunlight	Soil	Water	Temperature	Fertilizer
Partial shade	well-drained soil	Medium	20 to 30 degree C	Apply any organic fertilizer

Caring for Wild Asparagus

- Asparagus needs regular watering, especially while young.
- Asparagus is a heavy feeder and fertilizer should be applied in mid-spring when they are actively growing.

- The plants will need to be cut in spring each year before new growth starts.
- Asparagus field should keep free from weed.

Harvesting

Asparagus spears until the second year after they are planted.

Typical uses of Wild Asparagus

Special features: No serious pest and disease has been noticed in this crop.

Culinary use: It is used for culinary purpose.

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: Asparagus good for heart health, in regulating blood sugar, Anti-aging benefits, lowering the risk of type-2 diabetes, skin health, preventing kidney stones, good for pregnant women, digestive health, reduces the risk of getting cancer.

Note: Use only after consulting the specialist.

References

- <http://www.agrifarming.in/asparagus-cultivation/>
- <http://www.svlele.com/herbal/shatavari.htm>

Reviews

Sunday, 01 July 2018

Nice came in good condition

Kirti Singhal

Saturday, 30 June 2018

Air Purifying Indoor Plant.

Suresh Kumar

Saturday, 30 June 2018

Very nice plant to have.

Preethi

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