

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 Satavar, Shatavari, Shatamull, or Abhiru	Flower colours White	Bloom time Spring	Height Up to 100 to 120 cm	Difficulty easy to grow
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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 Partial shade	Soil well-drained soil	Water Medium	Temperature 20 to 30 degree C	Fertilizer Apply any organic fertilizer
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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

Saturday, 02 September 2017

Thank you for nice plants deleviry ... now i can trust online shopping of plants?

Prarthana Chatterjee

Wednesday, 30 August 2017

Its been a month I bought this plant. It came with very few broken leaves but its growing fast now. Very happy with this one.

Jassi Bhasin

Tuesday, 29 August 2017

Beautiful plant, arrived in very good condition. Impressive packing. Looking forward to buy one more

Aman

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