

Rita's notes on WOLFBERRY - call me if you have questions 225-291-5684

Wolfberry; Gogi Berry

## CHINESE WOLFBERRY

Lycium barbarum

**Enhance immune system, eaten raw,  
Dried, compotes-RARE PLANT**

## WOLFBERRY – CHINESE

Sandy, Alkaline, Moist, Well, drained. Remove dead wood in winter. Prune. Propagate-seed in autumn, hardwood winter, softwood summer, Medicine Bark winter, fruit-autumn,

Lycium barbarum

Known as matrimony vine, shrub, small purple flowers – summer – Hardy zone 5-9

Leaves – make tea

Nitshade family

100 species

500 AD using Bard

206 BC using fruit

Leaves – minty flavor- (Dr. Ken Chow uses these in teas, soups, cooked veggies)

Wolfberry can be kept outside in Baton Rouge even though it freezes. The plant likes DRY FEET. It grows like a blueberry bush, bushy and stragaly. I have staked young plants by putting them inside a tomato cage while growing in a pot. Flowers in fall and makes fruit at Thanksgiving. The FRESH BERRY is small. The taste is sweet, with a little lemony undertone. (The dried imported berries may be given chemical fertilizers that increases the size so says Madalene Hill)

This plant was given to The Herb Society of America Baton Rouge Unit eight years ago by Madalene Hill (50 year member of the Herb Society of America [www.herbsociety.org](http://www.herbsociety.org))

I have been growing, propagating and selling for HSABR for 5 years. I wanted to establish the growing habits and likes and dislikes and be able to answer questions.

It is a GREAT CONVERSATION plant in the garden. Many people have heard of gogi, or wolfberry, but have never seen it growing.

From Wikipedia: <http://en.wikipedia.org/wiki/Wolfberry>

Cultivated along the fertile aggradational [floodplains](#) of the [Yellow River](#) for more than 600 years, Ningxia wolfberries have a reputation throughout Asia for premium quality sometimes described commercially as "red diamonds" (I would not buy products grown along the Yellow River because of pollution)

([Organochlorine pesticides](#) are conventionally used in commercial wolfberry cultivation to mitigate destruction of the delicate berries by [insects](#). Since the early 21st century, high levels of [pyrethroid insecticide](#) residues (including [fenvalerate](#) and [cypermethrin](#)) and [fungicide](#) residues (such as [triadimenol](#)), have been detected by the United States [Food and Drug Administration](#) in some imported wolfberries and wolfberry products of Chinese origin, leading to the seizure of these products.<sup>[18]</sup>)

Wolfberries contain many nutrients and phytochemicals<sup>[34][35]</sup> including

11 essential and 22 trace [dietary minerals](#)

18 amino acids

8 [polysaccharides](#) and 6 [monosaccharides](#) (for the rest of the NUTRIENTS- go to above website)