

PLANTS TO READ ABOUT

Jiaogulan: delicate tendrils as a botanical feature

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AI-created scene based on the original shop photo. Size reference: young plant in a 12 cm pot, matching the original shop photograph. Decoration is not included; this is not a product photograph to scale.

Grow with knowledge.

A collection for observation and reference. Detailed explanations to help you make care decisions suited to your plant and its position.

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PLANT PORTRAIT

Gynostemma pentaphyllum

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Botanical identification	Gynostemma pentaphyllum
Family	Cucurbitaceae
Origin	Large parts of Asia, including China, Japan, India and South-East Asia
Delivery size	12 cm pot · delivery height not stated
Growth and distinctive feature	Herbaceous climber with thin tendrils and usually five to seven toothed leaflets

Care at a glance

Observe, check and adapt care to the position and season. This table provides guidance for everyday practice.

Topic	What to do	Why it helps
Light	Bright partial shade, protected from extreme midday heat.	Fine leaves do not need a constantly hot sunny window.
Water	Water thoroughly after slight surface drying.	Even supplies support young climbing growth.
Soil	Humus-rich, loose and freely draining.	Roots need air as well as moisture.
Support	Guide fine shoots loosely or allow them to trail.	Delicate tendrils can hold onto narrow supports.
Feed	Feed moderately during active growth according to the product instructions.	No additional feeding during rest.
Pruning	Selectively shorten long shoots and retain healthy leaves.	This organises the structure without stripping all its foliage.
Winter	Keep young containers sheltered frost-free where the position is uncertain.	A shop hardiness rating does not guarantee results for a small pot.
Context	Grow as an ornamental; do not infer food or medicinal uses.	Trade names and photographed labels do not replace a separate food assessment.

Knowledge that grows

Focus on tendrils rather than grand promises

Gynostemma pentaphyllum belongs to the gourd family. Its slender shoots carry compound leaves, often with five to seven toothed leaflets. Fine tendrils help it grip a suitable support. Its described origins cover large parts of Asia. The trade name herb of immortality is striking, but says nothing about proven life-extending effects. Pflanzenwelt therefore presents jiaogulan as a botanical ornamental climber. Its lively structure offers enough reason for close observation without such promises.

A young plant and a contradictory label

The offer states an organically grown plant in a 12 cm pot, but no specific delivery height. The stated growing height of up to around 150 cm is a later cultivation measurement; shoots can become longer in other conditions. The original photograph shows a young plant with a few short shoots. Its label says edible, while the shop description expressly notes the lack of food authorisation. This contradiction is not hidden here: we give no consumption or tea instructions. Before later marketing as food, the relevant requirements would need a separate assessment.

Provide light partial shade and suitable guidance

A bright partially shaded position is a good starting point. The fine leaves need not be placed in hot reflected midday sunshine. A sheltered outdoor position suits summer; gradually increase light and wind after indoor cultivation. Tendrils can hold onto thin stakes or a small lattice. Alternatively, the plant can trail from a raised container. Guide shoots carefully so they do not break or completely overgrow neighbouring plants. The support in the scene is decorative and is not automatically included in the plant offer.

Combine moist compost with free drainage

Check the root ball regularly and water thoroughly after slight surface drying. The young plant should not constantly alternate between complete dryness and heavy wetness. Loose, humus-rich, freely draining compost makes supplies easier to manage. Excess water must drain from the pot. As more leaf area develops, consumption can increase on warm days. Feed moderately during active growth according to the product instructions. With weak growth, first check light and root condition; more nutrients cannot compensate for dark, wet cultivation.

Guide growth with pruning and observation

Overlong shoots can be selectively shortened with clean tools. Leave enough healthy leaf area and spread growth along the support rather than allowing an uncontrolled dense tangle to form. Remove individual damaged leaves and check undersides for pests. Small inconspicuous flowers can appear; male and female flowers form on separate plants. A photograph without fruit therefore cannot establish later fruit set. The pale shoot tips, leaflets and fine tendrils are especially interesting for ornamental effect.

Choose winter care according to pot size and position

The shop describes possible dying back of above-ground shoots and regrowth from the roots. This does not guarantee frost tolerance for a newly purchased small pot. Where the winter position is uncertain, choose sheltered frost-free overwintering; water considerably less during a cool rest, but do not let the root ball dry completely. If the plant retains foliage, it still needs enough light. Do not feed without growth. Wait for new shoots in spring and gradually return to summer care. Herb names, tradition and ornamental cultivation remain separate from food and health questions.

Pictures and details

Images and descriptions from this portrait. Decorative items are not included in the offer.



Original shop photograph: jiaogulan in a 12 cm pot. The printed word edible does not authorise use as food. Presented here exclusively as an ornamental plant.



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Good to know

Does the herb of immortality really make you immortal?

No. It is a trade name from which no health effect or life extension is inferred.

Why does the photograph say edible?

That is printed on the original label. The shop description also contains a food-related reservation. Here the plant is presented exclusively as an ornamental.

Can jiaogulan grow in a hanging basket?

Yes. The fine shoots can trail or be guided onto a suitable support.

Is a bare winter shoot always dead?

Not necessarily. Seasonal dieback is possible. Keep the root ball and roots protected and watch for new growth in spring.

The matching offer

[Plant in the shop](#)

The linked shop is in German. Product details, availability and delivery information are provided in that shop.

[Read the complete portrait in English](#)



English portrait



Shop offer (in German)