



Full Sun ☀

Average Water 💧💧

SEDAN FLORAL GROWN SAFE™ STEVIA

Known as the herb sweeter than sugar, stevia grows 18-30" tall with gray-green oval leaves and sometimes small white flowers. This annual herb is used as a sweetener and sugar substitute, as it produces no caloric intake because the body does not metabolize the sweet glycosides from the stevia leaf. Stevia thrives in a rich, loamy soil, the same as common garden variety plants. Be careful not to over water your stevia plant. Stevia can be helpful in treating obesity and high blood pressure. It is beneficial for dieters and diabetics. This low-carb alternative should be harvested in late fall or as soon as blossoming begins, for that is when the sweetener is the strongest.

Where to Plant

- Container
- Ground Cover
- Mass Planting
- Focal Point
- Fragrant
- Border or Bed
- Great Foliage

Cuisine

Complimentary Foods

Flavor Pals



A fresh and healthy
way to
better living™