

Goumi (*Eleagnus multiflora*)

Exposure: Full sun to light shade. Zone 5-7.

Soil: Average garden soil.

Growth habits: A beautiful, multiple-stemmed shrub up to 6 feet in height, goumi is very easy to grow. It is a nitrogen fixing shrub with glossy deep green leaves that are highly disease and insect proof cover the plant until December. Early, delightfully fragrant flowers are followed by attractive red fruit that ripens in late May and early June.

Landscape uses: Makes a reliable shrub for foundation plantings, shrub borders or hedges.

Edible/Medicinal properties: The delicious, sweet/tart red half-inch fruits are very high in lycopene, a compound that is important for men's prostate health. They also contain other antioxidant compounds. The fruits can be dried, canned or used for making fruit wines or meads.

Pollination: Self fertile, but production is increased by planting two varieties

Caring for your goumi plants

Pruning: Prune goumi shrubs like other shrubs -- in the late winter, after hard freezes are over, remove any dead or diseased wood, and any crossing branches. In summer, after harvesting the fruit, remove old branches over 1" in diameter and other branches to improve the shape of the shrub.

Watering: The goumi plant will likely need to be watered once a week if there isn't enough rain.

Fertilization: Apply a good general purpose fertilizer in April and June.

Additional information

See the Useful Plants Nursery website at www.usefulplants.org for videos demonstrating planting and other plant care techniques.

