

Ison's Nursery & Vineyard

Planting Instructions

GOJI BERRY PLANTING INSTRUCTIONS



Goji Berry plants will handle winter temperatures to minus 15 degrees F And Summer temperatures of 100 degrees F.

They can grow to a height of 8 to 10 feet tall.

Pruning is recommended to help promote fruit production.

Site Selection - The Goji Berry plant is very similar to other fruit and vegetable plants. Goji plants love sun and well drained soils. If planting in a heavier clay soil we suggest supplementing the soil to improve drainage or plant in a raised bed. If full sun is not possible, your plant will not yield to its full potential.

Site Preparation - The desired soil pH for Goji Berry plants is 6.5 - 7.5. Check your soil before planting and add lime is necessary. Work your soil to a depth of 8 - 10 inches. Remove all competing weeds.

Pruning - A Goji will take over if not pruned. They will grow a height of 10 feet and 6 feet wide if not pruned. You may want this large of a plant and if you do, watch it grow and enjoy. If not, we suggest pruning once a year keeping the plant at about 5 feet tall and about 3 feet wide. This will help to force more fruit. You can prune at the end of the growing season or in very early spring before it breaks dormancy. Trellising may also be used to train the branches which will ease the harvesting. Be careful while harvesting the Goji berries, they will turn black if you touch them while they are still a green color.



Goji Berry Plants are easy to grow once they are established. They will grow in almost any type of soil, light-sandy, Medium-loamy, and heavy-clay, but they tend to flower and fruit better in a well drained soil of moderate quality.

Goji Berry plants have an extensive root system and are very drought tolerant once established. Goji Berry plants prefer full sun to partial shade, but plant them in full sun for the best Goji Berry production.

A Beautiful & Hardy Plant. The Goji Berry grows as a thick bush reaching 8-10 feet tall with vines that can get 12 feet long. Heavy pruning of the Goji Berry plant will keep this bush looking nice and will also help it produce more delicious Goji Berries.

In early summer this beautiful plant is covered with small trumpet shaped flowers. Both purple and white blossoms are on the same Goji plant. Goji berry plants add color to any landscape with their delicate flowers.

Heavy Yields from 4 year old Goji Berry plants

Goji Berry plants begin to fruit when they are 2 years old. Heavy yields can be expected from Goji plants that are 4 to 5 years old.

What Are Goji Berries?

The Goji Berry is a small red berry produced by the *Lyceum Barbarum* plant, which is native to certain remote regions of China, Tibet, and Mongolia.



Goji Berries have played a central role in Chinese medicine for thousands of years, but it was not until just recently that scientists in the rest of the world discovered what was in the Goji Berry that made it so powerful.

What makes the Goji Berry so powerful?

Under careful scrutiny, scientists have found the Goji Berry to be one of the most nutritionally dense fruits on earth. Here are the main nutrients found in the Goji Berry that makes it such a potent wellness agent.

The Goji Berry's "Master Molecule" Polysaccharides

Goji Berries contain special polysaccharides which fortify your immune system and are responsible for controlling your body's most important defense systems.

Scientists attribute most of goji's amazing health properties to these special polysaccharides.

19 Different Amino Acids

Goji Berries contain 19 amino acids--the building blocks of protein--including all eight essential for life - no other plant can make that claim!

More Vitamin C than Oranges

That's right! Goji berries are a better source of Vitamin C than oranges!

Wide Variety of Antioxidants

Goji Berries contain complete spectrum of antioxidant carotenoids, including beta-carotene and zeaxanthin (supports the eyes). Goji berries are the best source of carotenoids of known foods.

Goji berries also include:

- B-complex Vitamins
- Vitamin E
- Essential fatty acids
- Betaine

