

Ginkgo (Ginkgo biloba)

The Ginkgo is one of the oldest living tree species in the world. They typically grow between 50 and 80 feet tall with variability in spread. They can have green male flowers that are borne on short shoots in cylindrical, 1 inch long catkins during March through April or the female with a 1 and a half to 2 inch long pedicle bearing one to two greenish ovules. The female fruit resembles persimmons but are malodorous so only males should be planted. They also prefer sandy, deep, moderately moist soil but will adapt to nearly any soil condition and will tolerate full sun.

Ginkgos have a long history in traditional Chinese medicine. Members of the royal court were given ginkgo nuts for senility. Other historical uses for ginkgo were for asthma, bronchitis, and kidney and bladder disorders. Today, the extract from ginkgo leaves is promoted as a dietary supplement for many conditions, including anxiety, allergies, dementia, eye problems, peripheral artery disease, tinnitus, and other health problems.