PLANT FACT SHEET

Polygonum arenastrum Boreau

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Common knotgrass, Small wireweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Flavouring

The leaves are boiled or roasted.

DESCRIPTION

A herb. It tends to lie along the ground. It can form mats. The stems are 100 cm along. It often forms roots at the nodes. The leaves are narrowly oval and 1-3 cm long by 2-11 mm wide. There are 2-4 flowers in a group. The fruit are 1.5-2.5 cm long by 1.2-1.5 mm wide.

HABITAT

It is a temperate plant.

REFERENCES

Hovsepyan, R., et al, 2016, Food as a marker for economy and part of identity: traditional vegetal food of Yezidis and Kurds in Armenia. Journal of Ethnic Foods. 3:32-41

Yesil, Y. & Akalin, E., 2011, The Use of Wild Edible Plants in Kurecik (Akcadag/Malatya) J. Fac. Pharm. Istanbul p 102

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/08a0b69d-decc-435a-8727-f17fab45b3fd