PLANT FACT SHEET

Polygonum paronychioides C. A. Mey.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Fuzzy knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked as a vegetable.

DESCRIPTION

A herb. It is a spreading plant. The leaves are narrow. The leaves are fleshy with a fine point.

HABITAT

It is a temperate plant.

REFERENCES

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/11c1d65a-20a2-468e-801e-43c16f3fb065