PLANT FACT SHEET

Polygonum plebeium R. Br.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Small knotweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Stems, Vegetable

The soft and tender parts of the stems are cooked as a vegetable. (The leaves are bitter when grown in dry places.) The freshly harvested leaves can be stored for 4-5 days.
The seeds are crushed and cooked as damper.

DESCRIPTION

A small herb. It lays along the ground. It grows 15 cm high. The leaves are narrow. They do not have leaf stalks. There are leaf like structures at the base of the leaf stalk. The flowers are in the axils of leaves. They are pink.

HABITAT

A tropical plant. In Nepal it grows to about 3200 m altitude. It grows in open places. It grows in damp places. It grows in the northern dried parts of West Africa. In Africa it grows between 600-2,400 m above sea levels. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from seed or root suckers.

NOTES

Chemical composition (after Hooper): Water = 69.36% (fresh). Fat = 2.95% (dry). Albumenoids = 17.38% (dry). Carbohydrates = 50.37% (dry). Fibre = 16.15% (dry). Ash = 15.15% (dry). Nitrogen = 2.78% (dry). Phosphoric acid = .61% (dry). Silicates = 3.27% (dry). There are about 50 Polygonum species.
The Tasmanian reference may be Polygonum arenaria

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