PLANT FACT SHEET

Bistorta bistortoides (Pursh) Small

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES American bistort, Western bistort

EDIBLE PARTS AND USES

Edible parts: Leaves, Root, Seeds

The young leaves are used as a potherb.
The starchy roots are eaten raw, boiled or baked. They are added to soups and stews.
The seeds are roasted and eaten whole or ground into flour.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 20-60 cm high. It has red stems and glossy dark green leaves. The leaves are alternate and simple. They are at swollen joints. The leaf blade is 8-16 cm long. It has a tall flowering stem and a flower spike that is short and 2 cm thick. The flowers are white and small. They are densely crowded in a cluster at the end of the stem. The flowers are fertile. The fruit is 3 angled. It does not have bulbils.

HABITAT

It is a temperate plant. It grows in moist alpine tundra in the Rocky Mountains.

NOTES

There are about 50 Polygonum species.

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