PLANT FACT SHEET

Reynoutria japonica (Houtt.) Ronse Decr.

GENUS *Reynoutria* **FAMILY** Polygonaceae

COMMON NAMES Japanese knotweed, Giant knotweed, Mexican-bamboo

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Rhizomes, Roots, Tea, Vegetable

The young shoots and leaves are cooked and eaten. They are treated like asparagus. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
They can be chilled and served with salad dressing.
The young shoots can be used like rhubarb in pies, fruit soups, sweet sauces, jams and puddings.
The rhizomes are sometimes eaten.

DESCRIPTION

A vigourous climbing herb which forms suckers. It keeps growing from year to year. It grows 1-2 m tall. The roots are stiff and woody. They are hollow. Young roots have purplish spots on the surface. It has underground stems or rhizomes. The leaves are oval. The leaves grown singly. They are 5-15 cm long by 1-1.5 cm wide. The leaves do not have hairs. The leaf stalks are short. The flowers are small and creamy-white. They are in showy panicles. The fruit has 2 or 3 angles and is like a nut. The fruit are triangular shaped.

HABITAT

It is a temperate plant. It grows in forests and humid areas. It grows in wetlands. In Yunnan. It needs well-drained soil. It suits hardiness zones 3-8. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown from seed or division.

NOTES

There are 7-9 Fallopia species. They grow in temperate places. It can be seriously invasive. It has high levels of anti-oxidants and probably anti-cancer and anti-aging properties.

PICTURES



Credit: Food Plants International (Bruce French)



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