PLANT FACT SHEET

Persicaria mollis (D. Don) Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Vegetable smartweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit

The tender shoots are boiled and cooked as a vegetable. They are also used for chutney and pickles.

DESCRIPTION

An erect stout herb. It grows about 2 m tall. It has a straggling stem. The leaves have stalks. They are alternate. The leaves are 5-20 cm long by 2-7 cm wide. There is a leafy structure at the base of the leaf stalk. The leaves have silky hairs underneath. The flowers do not have stalks. They are white or pinkish.

HABITAT

It is a subtropical plant. In Nepal it grows between 1200-2400 m altitude. It grows in moist, open places.

PRODUCTION

Cultivation

Plants are grown from seed or root offshoots.

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