PLANT FACT SHEET

Fagopyrum tataricum (L.) Gaertner

GENUS *Fagopyrum* **FAMILY** Polygonaceae

COMMON NAMES Tartary buckwheat, Indian buckwheat

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers

Seeds are ground into flour. The flour can be eaten raw. It is also used for bread.
The seeds also yield an edible oil.
The leaves are also edible. They are cooked. Often they are cut small and fried.
The seeds are also roasted.

DESCRIPTION

An annual herb. It grows to 100 cm high. The upper leaves have long stalks. The leaves are 2.5-12 cm long by 2.5-11.5 cm wide. They are broadly triangular shape. The flowers are pink or white. The fruit is dry and with one seed. It is grooved. There are several named cultivated varieties.

HABITAT

It is a subtropical plant. It is more drought and cold tolerant than normal buckwheat. In Nepal it grows between 1400-3000 m altitude. It grows in open places. In Uttar Pradesh it grows between 1800-3500 m altitude. In Sichuan. In Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed.

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