PLANT FACT SHEET

Persicaria chinensis (L.)H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Chinese knotweed, Creeping smartweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Leaves - tea, Flowers, Fruit

The young leaves are eaten as a salad or condiment. The harvested leaves can be stored for 4-5 days.
They are cooked and used as a vegetable. They are used in curries and chutney. The tender leaves and shoots are pickled. They are also eaten fresh. The flowers are acidic and are eaten raw.
The small nutlets are also eaten.
CAUTION Several Polygonums or smart weeds are considered poisonous for animals.

DESCRIPTION

A herb. It is a straggling perennial weed often woody near the base and up to 2-3 m tall. It can be a climber. Branches are ridged and grooved. Leaves are alternate and have stalks. The leaves are 2.5-14 cm long by 1.3-8 cm wide. They are oblong to sword shaped. They taper to the tip. They are hairy on the mid vein underneath. The base is cut off. Flowers are at the top and are white or pink. A black berry-like fruit develops with a 3 sided shape.

HABITAT

A tropical and subtropical plant. In Nepal it grows between 700-2200 m altitude. It grows in moist, open places. It grows in wetlands. It occurs in natural forest clearings and in abandoned gardens. It is mostly between 1000 m and 2500 m altitude. It occurs in the Western Ghats in India. In XTBG Yunnan.

PRODUCTION

Cultivation

It grows wild from seed. Plants are grown seed.

NOTES

There are about 50 Polygonum species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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