PLANT FACT SHEET

Bistorta amplexicaulis (D. Don) Greene

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES Red bistort, Mountain fleece

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled in water and then fried.

DESCRIPTION

A herb. It grows 1.2 m tall and wide. The leaves are heart shaped and pointed at the tip. They have soft hairs underneath. It has spikes or red flowers.

HABITAT

It is a temperate plant. It grows in damp places.

REFERENCES

Amin, M. et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. Journal of Ethnobiology and Ethnomedicine 19:6 p 8

Batool, S., & Ahmed, M. S. (2016). Bistorta amplexicaulis: A Brief Insight to its Ethnobotany, Journal of Bioresource Management, 3 (3).

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123

Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2c2ed4cd-4329-41c3-bdab-ff4a6fbfb9b2