PLANT FACT SHEET

Persicaria odorata (Lour.) Sojak

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Vietnamese mint, Vietnamese coriander

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb

The leaves are used to add spicy flavour to rice and curry dishes. It has a peppery taste. They are eaten with meat and fish.
An oil can be extracted from the plant and is called Kesom oil.

DESCRIPTION

A leafy creeping plant which continues to grow from year to year. It forms roots at the nodes. The stems are reddish and have joints where the leaves join. These are 1-5 cm apart. The stems can be 35 cm high. The leaves are 5-8 cm long and sword shaped. They are green in colour with brown or red marks on the top surface. The flowers are small and pink and are produced at the end of the stems.

HABITAT

A warm temperate to subtropical plant. It does well with lots of water. It can grow under shady conditions. It can grow in heavy soil. It can be grown in pots and hanging baskets. It suits warm or tropical conditions and cannot survive frost. It needs fertile well drained soil. It suits hardiness zones 8-10.

PRODUCTION

Cultivation

It grows easily from cuttings. The cuttings quickly form roots. Plants normally form roots along the stem where the stem touches the ground.

Harvesting and Seed Production

Plants grow rapidly in warm moist conditions. The leaves need to be used fresh as they do not dry satisfactorily.

NOTES

There are about 50 Polygonum species.

PICTURES



Credit: Food Plants International (Bruce French)

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