PLANT FACT SHEET

Polygonum posumbu Buch.-Ham.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Kengoi

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Seeds

The leaves are used as a spice and in chutney. They are also used as a vegetable.
The seeds are eaten raw or cooked.

DESCRIPTION

A herb. It grows each year from seed. The stems lie along the ground and are 30-70 cm long. The plant is branched at the base. The leaves are oval and 3-6 cm long by 1-2 cm wide. The flowering shoots can be in the axils of leaves or at the ends of branches. The fruit is 3 sided.

HABITAT

It is a tropical plant. It grows between 100-3,000 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants grow from seed.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3b96bdf2-c8ab-4e50-9bfd-078e38d54c78