PLANT FACT SHEET

Koenigia polystachyum (Wall. ex Meissn.) T. M. Schust. & Reveal

GENUS *Koenigia* **FAMILY** Polygonaceae

COMMON NAMES Himalayan knotweed

EDIBLE PARTS AND USES

Edible parts: Seeds, Flowers, Leaves

The twigs and flowers are used in the preparation of pickles. They are eaten as a pot herb.
The stalks are eaten raw or peeled and stewed like rhubarb.

DESCRIPTION

An erect shrubby plant. It grows 2 m tall. It keeps growing from year to year. The leaves are oblong or sword shaped and have a long point. They are 10-25 cm long. They usually have some soft hairs underneath. The flowers are white or pale pink. They have a scent. They are in clusters 15-45 cm long at the ends of branches. The flowers are 6 mm across.

HABITAT

It is a temperate plant. In the Himalayas it grows between 2,000-4,000 m altitude. In Sichuan and Yunnan.

NOTES

There are about 50 Polygonum species.

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