PLANT FACT SHEET

Persicaria capitata (Buch.-Ham. ex D. Don) H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Eastern knotweed

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Fruit

The flower spikes are eaten raw. They have a sweet-sour taste.
The young leaves are eaten as a vegetable, usually in soup.
The ripe fruit are eaten.

DESCRIPTION

A herb. It grows along the ground or curves upwards. It keeps growing from year to year. It forms mats. The has glandular hairs. The leaves do not have stalks. The leaf blades are broadly oval and 2-5 cm long. They are green and taper to the base and tip. The central vein is red. The flowers are in round heads. The flowers are pink. The nut is 3 angled. It is dull black.

HABITAT

It is a subtropical plant. It can grow in shade and in dry or moist soil. In China it grows between 600-3,500 m above sea level. In Vietnam it grows between 1,300-1,600 m above sea level. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown by seed or stem cuttings.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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