PLANT FACT SHEET

Persicaria glabra (Willd.) M.Gomez

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Denseflower knotweed, Common marsh buckwheat

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Seeds, Stalks, Fruit

The stalks are broken up, lightly cooked and the centre or pith eaten.
The leaves are cooked and eaten in small quantities with other vegetables.

DESCRIPTION

A tall erect herb. It keeps growing from year to year. The leaves are long and sword shaped but taper towards both ends. The leaves are 20 cm long by 4-5 cm wide. The flowers are in the axils of leaves and at the top of the plant. They are red. The nuts are dark brown and shiny.

HABITAT

A tropical plant. It grows near water and in marshes. In India it grows from sea level to 1,400 m above sea level. In Argentina it grows below 500 m above sea level.

NOTES

There are about 50 Polygonum species.

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