PLANT FACT SHEET

Fallopia convolvulus (L.) A.Love

GENUS *Fallopia* **FAMILY** Polygonaceae

COMMON NAMES Black bindweed, Climbing buckwheat

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds are made into a kind of porridge. The flour is also used for pancakes.
The leaves are cooked as a vegetable.

DESCRIPTION

It is a climbing plant. It grows as an annual. The stems twine. The leaves end abruptly and are heart shaped. The leaf stalks are long. The flowers are white. They are in loose clusters at the ends of the plant. The fruit are a dull black colour.

HABITAT

It is a temperate plant. It grows in moist shady places. In Pakistan it grows between 1,500-3,500 m altitude. In Sichuan and Yunnan.

NOTES

There are about 9 Fallopia species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 479 (As Polygonum convolvulus)

Flora of China @ efloras.org Volume 5

Flora of Pakistan. www.eFloras.org

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 52 (As Polygonum convolvulus)

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 168

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1797 (As Polygonum convolvulus)

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 224 (As Polygonum convolvulus)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Polygonum convolvulus)

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

Tasmanian Herbarium Vascular Plants list p 45

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Taxon 19:300. 1970

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 152 (As Polygonum convolvulus)

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5a430008-aa86-458c-995e-628298ff24ef