PLANT FACT SHEET

Persicaria minor (Hudson) Opiz

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Spotted Ladysthumb, Small water-pepper

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten in curries.

DESCRIPTION

An annual herb. It can also keep growing from year to year. It lies along the ground but can also reach to 1 m high. The stems are slender. They are 1-4 mm thick. The leaf stalks are short. The leaves are sword shaped or almost linear. They are 5-12 cm long. The leaves are hairy underneath. The flowering arrangement is at the top. There are 1 or more lax false spikes. These are 1-6 cm long. There are 3-6 flowers and the bracts are funnel shaped. The fruit are lens shaped with faces which curve outwards. They are 1.5-2 mm long. They are black or brown and shiny.

HABITAT

A tropical plant. It grows at low altitudes in wet places in Papua New Guinea. It grows in better drained places at higher altitudes. It can grow from sea level to 2500 m altitude. In Argentina it grows below 500 m below sea level.

NOTES

There are about 50 Polygonum species.
It possibly has anti-cancer properties. It has 2.6 mg per 100 g dry weight and 1.4 mg fresh weight of alpha-tocopherol (Vitamin E).

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