PLANT FACT SHEET

Persicaria amphibia (L.) Delarbre

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Water Knotweed, Amphibious bistort, Willow grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The fruit are used as a substitute for pepper.
The leaves are cooked as a vegetable dish.

DESCRIPTION

A herb which keeps growing from year to year. The stems trail from the base and root at the nodes. In water the stems are hollow which can be 1 m long. The leaves are sword shape and emerge from the water. They clasp the stem. The leaves are more round when floating. The long leaf stalks emerge from a papery sheath. The leaves are dark green and glossy. They taper to a blunt tip and have dark markings near the tip. The flowers are in neat pink spikes.

HABITAT

It is a temperate plant. It can grow in or near water. It suits slow moving water.

NOTES

There are about 50 Polygonum species.

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