PLANT FACT SHEET

Fagopyrum cymosum (Trevir.) Meisn.

GENUS *Fagopyrum* **FAMILY** Polygonaceae

COMMON NAMES Perennial buckwheat, Golden buckwheat, Notch-seeded buckwheat

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Vegetable, Root

The tender shoots and leaves are boiled and eaten as a vegetable. They are also cooked in stir fries.
The seeds are cooked and eaten or ground into flour.
The root is used in soup.
The plant is gathered and dried and used for tea.
The harvested leaves can be stored for 4-5 days.
The seeds are sprouted and used as a cereal and also ground into flour and used as a thickening agent in soup.

DESCRIPTION

A erect herb. It is hairy. It keeps growing from year to year. It grows about 1 m high. The main root is big and red and has many branch roots. It has stout, woody, brown rootstocks. They are hollow. The leaves are 5-11 cm long by 4.5-13 cm wide. They are triangular, or arrowhead shaped and taper to the tip. The base is heart shaped and there are hairs along the veins. The flowers are white. They occur in the axils of leaves and at the ends of branches. The fruit is a red nut. It is 3 angled.

This plants may be confused with Fagopyrum acutatum

HABITAT

A tropical plant. It is a temperate plant. It grows in central and western China. It grows along streams and on hillsides at low altitudes of about 500 m. In the Indian Himalayas it grows between 1,800-3,600 m above sea level. In Northeastern India it grows between 2,200-2,400 m above sea level. In the Indian Himalayas it grows at 3,700 m above sea level. In Nepal it grows between 1500-3000 m altitude. It grows by roads, in valleys and in shade. In Yunnan. In Sichuan.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 6 (15) Fagopyrum species. They grow in temperate places. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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