PLANT FACT SHEET

Polygonum macrophyllum D. Don

GENUS *Polygonum* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

The roots are eaten fresh. They are also crushed and eaten with barley or maize.
The seeds are ground to make flour.

DESCRIPTION

A small herb. It keeps growing from year to year. It has a thick fibrous rootstock. The stems are 10-15 cm tall. The leaves are oblong to sword shaped and have parallel sides. They are 3-12 cm long by 0.1-3 cm wide and the base is rounded or heart shaped. They are hairy underneath. The flowers are pink or red. They are in groups 2-7 cm long at the top of the plant.

HABITAT

It is a temperate plant. In Sichuan. In Nepal it grows between 2,700-4,500 m above sea level.

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