PLANT FACT SHEET

Polygonum argyrocoleon Steud. ex Kuntze

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Silversheath knotweed

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched, ground and eaten.

DESCRIPTION

A herb. It grows each year from seed. The stems are erect and 50-80 cm tall. They are angular and branch. They are inflated at the nodes.

HABITAT

It is a temperate plant. In northern China it grows between 200-2,500 m above sea level.

REFERENCES

Flora of China @ efloras.org Volume 5

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 423

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/898a5712-6ece-40ec-9d5e-a795f2305d16