PLANT FACT SHEET

Bistorta officinalis Delarbre

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES Common bistort

EDIBLE PARTS AND USES

Edible parts: Roots, Medicine

DESCRIPTION

A herb that keeps growing from year to year. It grows 20-80 cm tall and 90 cm wide. It has a thick twisted root.

HABITAT

It is a temperate plant.

REFERENCES

Wikipedia

PROVIDED BY **Food Plants International**

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/8d5c9005-682e-4e61-8f92-046dd2c5b817