PLANT FACT SHEET

Bistorta macrophylla (D. Don) Sojak

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES Red knotweed, Large leaved knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten.
The rhizome is dried and eaten.

DESCRIPTION

A herb. It has a woody rootstock. The leaves are oblong and pointed. They can be up to 2 cm wide. The flowers are pink to red and in a cluster at the end of the stems.

HABITAT

It is a cool temperate plant. In the Himalayas it grows between 1,700-4,500 m above sea level.

REFERENCES

Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638

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/945aab11-dba9-4f90-8d8d-f3293e0710c2