PLANT FACT SHEET

Persicaria nepalensis (Meisn.) H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Nepalese Smartweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stems

The tender leaves and shoots are cooked and eaten as a vegetable. They are sour.

DESCRIPTION

An erect annual herb. The stems are slender. They are 1-2 mm across. It can lie along the ground or reach up to about 30 cm high. It often branches near the base and also forms roots. The leaves have stalks that have wings. The leaf blades are pale green and 1-5 cm long and 0.6-1 cm wide. The base is wedge shaped and runs into the leaf stalk. The leaves are oval or pear shaped with a few hairs. The flower arrangements are at the top of the plant. They are false spikes. Several arise together from one stalk. The flowers are pink or red. The fruit are lens shaped or occasional triangle shaped. They are 2 mm long and dark brown to black.

HABITAT

A tropical and subtropical plant. It is common in the highlands of Papua New Guinea. It occurs from 1200-3,000 m altitude. It grows in disturbed forest and old gardens. In Nepal it grows between 1200-4000 m altitude. It grows on exposed rocky slopes. It also grows in moist shady places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 50 Polygonum species. It is invasive in Mexico.

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