PLANT FACT SHEET

Persicaria sinuata (Royle ex Bab.) H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Red-stemmed knotweed

EDIBLE PARTS AND USES

Edible parts: Shoots

The shoots are eaten cooked.

DESCRIPTION

A herb that lies along the ground. It grows 15-45 cm long. The stem forms roots at the nodes. The leaves have lobes along the side. The leaves are 1-5 cm long by 1-2 cm wide. There are 2-4 lobes with one at the end and it is triangle shaped. The flowers are small, pink and in round heads. The nut is 3 sided and black.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can be grown by seeds.

REFERENCES

Ojelel, S. & Kakudidi, E. K., 2015, Wild edible plant species utilized by a subsistence farming community in the Obalanga sub-county, Amuria district, Uganda. Journal of Ethnobiology and Ethnomedicine. 11:7 (As Polygonum sinuatum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9f9cdaf7-8c01-4ecb-bed7-f0288285db3f