PLANT FACT SHEET

Persicaria perfoliata (L.) H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Asiatic tearthumb

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Fruit, Stem tips, Leaves - tea

The leaves are used for preparing chutney. They are pleasantly acid. The tender leaves and shoots are cooked and eaten as a vegetable. The young leaves and stem tips and young fruit are cooked with other greens and used as a side salad with rice. It is also used as a sour flavouring for soups, stews and fish dishes.
The ripe fruit are eaten fresh.
Caution: It can be high in oxalates.

DESCRIPTION

A trailing annual herb. It can grow for one or more years. It is 2-3 m long. It has prickles which are hooked. The limb is triangular in cross section. The leaves are D shaped. They are 2-8 cm across. There can be bristles which curve backwards on the edges. The flowers are in spike like heads. These are at the top of the plant or in the axils of leaves. There can be one to many flowers. They are white or pink. The fruit is almost round and 3 mm across. They are black and shiny.

HABITAT

It is a tropical and subtropical plant. It grows in open wet places. It grows from 1000-1750 m altitude in Papua in Indonesia. In Nepal plants grow between 900-1400 m altitude. They grow in moist, open land.

PRODUCTION

Cultivation

Plants are grown from seed. It can also be grown from rooted cuttings.

NOTES

There are about 50 Polygonum species.

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