PLANT FACT SHEET

Reynoutria sachalinensis (F. Schmidt) Nakai

GENUS *Reynoutria* **FAMILY** Polygonaceae

COMMON NAMES Giant knotweed, Sakhalin Knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Shoots, Seeds

The young shoots and tips are eaten raw in salads. They are also parboiled and served like asparagus. They can be used in soups.
The peeled young stems are used for "rhubarb" sauce.
The fruit is eaten. It is also stored in fish oil for later use.

DESCRIPTION

A herb that keeps growing from year to year. It grows 2-4 m tall. It has strong and extensive rhizomes that form a colony. The leaves are 15-40 cm long by 10-28 cm wide. They are nearly heart shaped and have wavy edges. The flowers are smll and in short dense groups 10 cm long. Male and female flowers are on separate plant.

HABITAT

It is a temperate plant.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b10a2407-4f93-4af6-a8cf-d1665161206f