PLANT FACT SHEET

Koenigia alpina (All.) T. M. Schust. & Reveal

GENUS *Koenigia* **FAMILY** Polygonaceae

COMMON NAMES Alpine knotweed, Giant fleeceflower

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Juice

The leaves are cooked and eaten.
The stems can be eaten raw or cooked. They can be used like rhubarb.
The juice is sweetened and used as a drink.

DESCRIPTION

A herb. It grows 50-100 cm tall. The stems branch above the middle.

HABITAT

It is a temperate plant. It can tolerate cold. In some regions it grows up to 2,700 m above sea level. It is best in moist soils.

PRODUCTION

Cultivation

It can be grown from seed.

REFERENCES

Bussman, R. W., et al, 2021, Unity in diversity–food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 13

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Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77 (As Aconogonon alpinum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c3156b3c-44b7-494d-a107-1d3c7c87d1bc