PLANT FACT SHEET

# *Persicaria amplexicaulis* (D. Don) Ronse Decr.

**GENUS** *Persicaria* **FAMILY** Polygonaceae

**COMMON NAMES** Mountain-fleece

## EDIBLE PARTS AND USES

**Edible parts:** Rhizomes - tea, Root, Leaves

The roots are made into a soup and used as a tea substitute. Milk and sugar are added for the tea.
The leaves are eaten as a vegetable. They are boiled and then fried.

## DESCRIPTION

A herb. It can grow 1.2 m high. It has underground stems or rhizomes. They are 1.5 cm across. The leaves at the base have long leaf stalks and those on the stems have short leaf stalks. The leaves are 4-10 cm long by 2-5 cm wide. The flowers are in thin spikes and are bright red.

## HABITAT

It grows in moist soil. It grows in shady places in forests. It grows between 1,000-3,300 m above sea level. It grows in Sichuan and Yunnan.

## NOTES

It is used in medicine.

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