PLANT FACT SHEET

Polygonum rigidum Skv.

GENUS *Polygonum* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The tips of the shoots are eaten.

DESCRIPTION

A herb. It grows each year from seeds. It is 30-50 cm tall.

HABITAT

It is a temperate plant. It grows between 400-2,500 m above sea level.

NOTES

There are about 50 Polygonum species.

REFERENCES

BARANOV,

Flora of China @ efloras.org Volume 5

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cdeaa0d9-854d-40d4-96d3-5068e664b7dc