PLANT FACT SHEET

Persicaria microcephala (D. Don) H. Gross

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Ban pire

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender portions are cooked as a vegetable. The leaves are boiled and eaten.

DESCRIPTION

A herb. It lies along the ground and the tip is raised. It grows 100-120 cm high and spreads 1.5-2 m wide. The leaves have stalks. The leaves are 1.3-11 cm long by 0.8-5.5 cm wide. They are oval to sword shaped. The base abruptly narrows into a winged leaf stalk. The flowers are white or pink. They occur in clusters at the ends of branches.

HABITAT

It is a temperate plant. In Nepal it grows between 1200-1800 m altitude. It grows in moist, open places. It suits hardiness zones 5-10.

PRODUCTION

Cultivation

Plants are grown from seed.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ceae444c-ff76-4d8a-8bf4-e1f31417dc8e