PLANT FACT SHEET

Polygonum tortuosum D. Don

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Eastern knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Stems, Shoots

The dried leaves are used as a tea substitute.
The tender stems are eaten raw or pickled.

DESCRIPTION

A small shrub. The roots are robust. It grows 30-50 cm tall. The branches are forked. The leaves are oval and 2-4 cm long by 1-2 cm wide. They can be hairy. The flowers are small and white or cream. The dry fruit is brown and oval and sharply 3 sided.

HABITAT

It is a temperate plant. It grows on grassy slopes. It grows between 3,600-4,900 m above sea level.

NOTES

The roots are used in medicine.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d020b488-81b5-4937-b3e8-9d26dabf4f26