PLANT FACT SHEET

Polygonum cognatum Meissn.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Madmak, Knotgrass

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems

The leaves and stems are cooked and eaten as a vegetable. They are chopped and fried with egg. They are also made into soup. They are also eaten in salads. They are also cooked with yoghurt.

DESCRIPTION

A herb. It keeps growing from year to year. It has a slender woody rootstock. The leaves have short stems and are oval with sharp tips. The flowers are pink. They are in clumps and 4-5 mm long.

HABITAT

It is a Mediterranean plant.

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