PLANT FACT SHEET

Bistorta affinis (D. Don) Greene

GENUS *Bistorta* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The seeds are eaten raw or cooked.
The shoots are cooked with fish and eaten in curries.
The rhizome is used for a herbal tea.

DESCRIPTION

A herb. It forms mats. It grows 10 cm tall and spreads 60 cm wide. The leaves are narrow and have a waxy coating underneath giving them a white colour. The leaves are mostly at the base and 3-8 cm long. The flower spikes are 5-8 cm long on stalks 5-25 cm long.

HABITAT

It is a temperate plant. In the Indian Himalayas it grows between 3,000-4,800 m above sea level.

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