PLANT FACT SHEET

Persicaria bistorta (L.) Samp.

GENUS *Persicaria* **FAMILY** Polygonaceae

COMMON NAMES Meadow bistort

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Root, Rhizome, Flowers

The thick roots or rhizomes, rich in starch, are dried and ground into flour. They can be added to stews.
The shoots are used in soups and stews. They are used for Easter ledger pudding.
The root and young leaves are cooked and eaten as a vegetable.
The young leaves are eaten with oil.
The rhizomes can be eaten raw or cooked.

DESCRIPTION

A small herb. It grows 1-75 cm high and spreads 15-75 cm wide. It keeps growing from year to year. It has stout rootstocks. The rhizomes are black to brown. They are large and curved and 1-3 cm across. The leaves at the base have long stalks and the leaves on the stem do not have stalks. The leaves are oval and wavy. They are 10-20 cm long. They have rounded tips and flattened bases. They have a stiff leathery texture. They are on winged stalks. The flowers are in dense spikes. The flowers are small and pink. They are on a spike 8 cm long and 1 cm wide. These are cylinder shaped.

HABITAT

It is a temperate plant. It grows in cold temperate regions. In northern China it grows between 800-3,000 m above sea level. It grows in hilly grassland and fields. It grows in the subarctic tundra. It suits moist locations. It suits hardiness zones 3-7.

NOTES

There are about 50 Polygonum species.
The leaves are rich in Vit C and Vit A.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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