PLANT FACT SHEET

Polygonum persicaria L.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Red leg, Spotted ladysthumb

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

DESCRIPTION

A herb. It grows 60 cm tall.

HABITAT

It is a temperate plant. It suits USDA hardiness zone 4-8.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 24

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e093a7d0-4afd-48c1-b5c7-199763b66aa9