PLANT FACT SHEET

Polygonum microcephalum D. Don

GENUS *Polygonum* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The slightly sour leaves are added to curry to increase the taste. They are cooked and eaten.

DESCRIPTION

A herb. It can have fine hairs. It grows 1 m tall. It has a woody rootstock and grows each year from this. The leaves are oval or sword shaped. They narrow to a winged leaf stalk. The flowers are in small heads.

HABITAT

It is a subtropical plant. In south China it grows between 500-3,200 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 50 Polygonum species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 480

Kumar, Y J. et al, 1987, Further Contribution to the Ethnobotany of Meghalaya: Plants used by "War jaintia" of Jaintia Hill District. Econ. Tax. Bot. Vol 11 No. 1 pp 65-

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 115

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Saikia, M., 2015, Wild edible vegetables consumed by Assamese people of Dhemaji District of Assam, NE India and their medicinal values. Archives of Applied Science Research, 2015, 7 (5):102-109

Sanchita B., et al, 2022, A Study on Wild Underutilized Edible Plant Species of Kokrajhar District of Assam (India) Consumed as Vegetables Having Ethno Medicinal Properties. Research Square.

Sarma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. International Journal of Botany 6(4): 414-423

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 33

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 154

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ea89b9cd-a5a6-4374-ab13-3fb35b0c1c3e