PLANT FACT SHEET

Parogonum ciliinode (Michx.) Desjardins & J. P. Bailey

GENUS *Parogonum* **FAMILY** Polygonaceae

COMMON NAMES Fringed bindweed

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are ground to flour and used in baking and pancakes.

DESCRIPTION

A herb. It is a climbing annual plant. The leaves are heart shaped and taper to the tip. The flowers are white.

HABITAT

It is a temperate plant. It tends to grow on rocky outcrops.

PRODUCTION

Cultivation

Plants grow from seed.

REFERENCES

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 152 (As Polygonum ciliinode)

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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/ef7774fa-459b-43c1-9b13-2ba91b9b8e95