PLANT FACT SHEET

# *Koenigia polystachya* (Wall. ex Meisn.) T. M. Schust. & Reveal

**GENUS** *Koenigia* **FAMILY** Polygonaceae

## EDIBLE PARTS AND USES

**Edible parts:** Shoots

The young shoots are used as a vegetable.

## DESCRIPTION

A herb.

See Polygonum polystachyum.

## HABITAT

It is a temperate plant.

## REFERENCES

Khakurel, D., et al, 2021, Foods from the wild: Local knowledge, use pattern and distribution in Western Nepal. PLOS ONE.

**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/f05a1221-0d26-452a-a348-08db3b340a35