PLANT FACT SHEET

Polygonum molle D. Don

GENUS *Polygonum* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are cooked and eaten as a vegetable.
The young shoots are eaten to quench thirst.

DESCRIPTION

A small shrub. It can grow 1-2 m tall. It has many branches. The leaves are light green underneath. They leaves are narrowly oval and 10-20 cm long by 3-6 cm wide. The flowers are in a spreading group.

HABITAT

It is a temperate plant.

REFERENCES

(As Aconogonum molle)

Ferns, Plants For A Future.

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

Joshi, N. & Siwakoti, M., 2012, Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation. Nepal Journal of Science and Technology Vol. 13, No. 1 :59-66 (As Aconogonum molle)

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

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/f2cf7851-ca33-429b-9920-3557f53aab08