PLANT FACT SHEET

Bistorta vivipara (L.) Delarbe

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES Western bistort, Alpine bistort

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Root, Stalk

The leaves are cooked and eaten.
The root is washed and eaten fresh.

DESCRIPTION

A herb that keeps growing from year to year. It grows 30 cm tall and 30 cm wide.

HABITAT

It is a cold temperate plant.

REFERENCES

Ferns, Plants For A Future

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

Källman, S., 1980, FAO Report D 54012-H2, Sweden. "A literature study that is important for the knowledge and ideas about the selection and nutritional values of wild Swedish plants that can be used as food in emergency situations"

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 151 (As Polygonum viviparum)

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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/fa345a30-684b-474a-9fab-52fbf83850be