PLANT FACT SHEET

Polygonum aviculare L.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Knot Grass, Creeping wireweed, Prostrate Knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Leaves - tea

The leaves and shoots are eaten cooked as a vegetable. They are also cooked with yoghurt,
The leaves are used as a substitute for tea.
The seeds are eaten or ground into flour. They are used for pancakes, cookies and pinole.
The leaves can be dried and stored.

DESCRIPTION

A small herb which lays along the ground. It has a long and slender but very fibrous taproot. There are many branches coming from this taproot. The branches can be upright but often lie along the ground. They can be 90-120 cm long. On young plants the lower leaves are much larger than the stem leaves. The leaves are narrow and sword shaped. The leaves are blue-green. There can be 5 flowers in the axil of a leaf. The flowers are white.

HABITAT

It is a temperate plant. It grows in hot arid places with a marked dry season. It grows in wetlands. It grows between 50-2,550 m above sea level and can be up to 4,200 m. In the Indian Himalayas it grows between 3,000-4,000 m above sea level. It can grow in arid places. In Yunnan. In Sichuan.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

Chemical composition: Sugar = 2.5%. Ash = 2.44%. Very rich in zinc. There are about 50 Polygonum species.

PICTURES

Credit: Food Plants International (Bruce French)

Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 479

Amjad, M. S., et al, 2015, Ethnobotanical inventory and folk uses of indigenous plants from Pir Nasoora National Park, Azad Jammu and Kashmir. Asian Pac J Trop Biomed 2015; 5(3): 234-241

BARANOV,

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 818

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine.

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 13

Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Iğdır Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

"Chinese Nutrition Journal", 2002, Vol 23(8) p 298 (As Polygonum ariculave)

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 588

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 52

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 154

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 35

Ethnobotanical Study of Tehsil Kabal, Swat District, KPK, Pakistan, Table 1

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 185

Flora of China @ efloras.org Volume 5

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 51

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

Irving, M., 2009, The Forager Handbook, A Guide to the Edible Plants of Britain. Ebury Press p 175

Kaliszewska, I & Kolodziejska-Degorska, I, 2015, The social context of wild leafy vegetables uses in Shiri, Daghestan. Journal of Ethnobiology and Ethnomedicine, 11:63

Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 675

Kolosova, V., et al, 2020, Foraging in Boreal Forest: Wild Food Plants of the Republic of Karelia, NW Russia. Foods 2020, 9, 1015; p 19

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 224

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 194

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 322

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities–diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 423

Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. Economic Botany 57(1): 103-117

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 460

PARMENTIER,

Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 746

Pieroni, A., et al, 2020, Wild food plants traditionally gathered in central Armenia: archaic ingredients or future sustainable foods? Environment, Development and Sustainability. Springer p 9

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

Full reference list (24 more) at https://www.echocommunity.org/en/resources/fad38a5b-efa3-4c33-aa90-2adaa9e9c7d5

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/fad38a5b-efa3-4c33-aa90-2adaa9e9c7d5