



PLANT FACT SHEET

Koenigia mollis D. Don

GENUS *Koenigia* FAMILY Polygonaceae

COMMON NAMES Sikkim knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Fruit, Stems

The tender stem is eaten raw. It is acid and eaten like rhubarb. It is used in the preparation of jellies.

The fruit are sweet and eaten.

The young shoots and leaves are boiled with dry meat and eaten. They are also used in curry and pickles.

DESCRIPTION

A herb or small shrub. It is erect and grows 2-3 m tall. It is branched and softly hairy. The leaves are 7-18 cm long by 3-6 cm wide. They are narrowly oval and velvety. The flowers are in large branched groups at the ends of branches. The flowers are 3 mm across and creamy white. The nuts are 3 sided and shiny. They are 2-3 mm long.

HABITAT

It is a subtropical plant. In Sikkim it grows between 2,500-3,500 m above sea level. It grows in damp places along rivers and streams.

PRODUCTION

Harvesting and Seed Production

In northeastern India plants flower in July to September.

NOTES

There are about 50 Polygonum species.

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