PLANT FACT SHEET

Polygonum alpinum All.

GENUS *Polygonum* **FAMILY** Polygonaceae

COMMON NAMES Alpine bistort, Alpine knotweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stems, Drink

The leaves are eaten raw or cooked,

DESCRIPTION

A herb. It grows 1 m tall and 1 m wide.

HABITAT

It is a temperate plant. In Asia it grows between 2,200-2,700 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fdeaf68d-d320-4390-9ff7-de2eb7a1d24c