PLANT FACT SHEET

Bistorta milletii Leveille

GENUS *Bistorta* **FAMILY** Polygonaceae

COMMON NAMES Mhyakure, Rambu

EDIBLE PARTS AND USES

Edible parts: Seeds

The roasted seeds are pickled. They are also used as flour mixed with dough and baked.

DESCRIPTION

A herb. It grows 30 cm high. It has a fibrous rootstock. The lower leaves are sword shaped and narrow towards the tip. The edges are flat. The upper leaves do not have a leaf stalk. The flowers are red. They are in broad rounded groups.

HABITAT

It is a temperate plant. It grows in Nepal at 2900-4000 m altitude. It grows on the shady banks of rivers.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 50 Bistortia species.

REFERENCES

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 113

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 112

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