

## Bistort (seeds) -

Graine de vie

*Polygonum bistorta* L.

<https://www.en.grainedevie.net/bistort-seeds.html>



### FICHE TECHNIQUE

Classification APG IV

**Family** : Polygonaceae

**Genus** : Polygonum

**Specy** : bistorta

**Author name** : L. Classification APG IV

**Family (APG IV)** : Polygonaceae

**Genus (APG IV)** : Bistorta

**Specy (APG IV)** : officinalis

**Author (APG IV)** : Delarbre

#### Details

**Type of plant** : perennial

**Height in flowers** : from 0 to 20 cm , from 20 to 50 cm

**Hardiness (USDA zones)** : 3a (from -40°C to -37,2°C) , 3b (from -37,2°C to -34,4°C) , 4a (from -34,4°C to -31,7°C) , 4b (from -31,7°C to -28,9°C) , 5a (from -28,9°C to -26,1°C) , 5b (from -26,1°C to -23,3°C) , 6a (from -23,3°C to -20,6°C) , 6b (from -20,6°C to -17,8°C) , 7a (from -17,8°C to -15°C) , 7b (from -15°C to -12,2°C) , 8a (from -12,2°C to -9,4°C) , 8b (from -9,4°C to -6,7°C)

**Environment** : aquatic , wet , moist

**Sun exposure** : partial shade , full sun

**Bloom color** : pink

**Bloom time** : june , july , august , september

**Difficulty** : medium

**Number of seeds per gram** : 170

**Grams per 1000 seeds** : 5.8

### DESCRIPTION

**Family** : Polygonaceae

**Latin name** : *Polygonum bistorta* L.

**Common names** : Bistort, Meadow bistort, Snakeweed