

American bistort



Scientific name: ***Polygonum bistortoides*** Pursh.

Common names: American bistort, Western bistort

American bistort is a native perennial. It grows in moist meadows throughout the Western U.S from low to high elevations. It can be found in the southern part of Uinta County and the adjacent Uinta Mountains in meadows and seeps within aspen and pine communities. The flower clusters are usually white but can sometimes be pinkish in color. This plant flowers from June to August depending upon elevation.

Although palatability varies with location, this species is eaten by livestock and wildlife. Native Americans used the roots medicinally and cooked them with soups and meat.

The Greek root for the genus name 'polygonum', means 'many knees' referring to the swollen joints in the stems.

