



Bistort

xonducho

Bistort- Medicinal

Bistort is an uncommon plant that was originally native to europe, but has now been naturalized in new england and to some extent, Southern Ontario. In mild doses, it is well known that it will cure diahrea, but in large doses, it may induce vomiting. It is commonly consumed along with English Oak.

It most common use by far, however, is to treat wounds. If applied as a paste, It aids the skin to heal around the wound by contracting the skin to form around the cut. It also works on bites or ulcers. To create this mixture, you will crush the powdered root of the plant, and drink it as a tea.

It was previously known to kill off worms in the stomach, although there is not much backing surrounding this claim. To do this, One powders the dried leaves and swallows the mixture with water.

The root is by far the most important part of this plant, and the majority of the medicinal properties lie in this curvy, starchy root.

Bistort-General Uses

Bistort's root, not only being the seat of medicine, is also the seat of practical use. It is commonly eaten in the North of England as a spice in Yorkshire pudding. It can also be boiled in water and then roasted over a grill or fire.

The root's flour is also eaten as a replacement for wheat or sorghum flour. Starchy bread, similar to the bread served in Italy, is the product of attempting to make bread out of Bistort.

