

## Japanese Knotweed

*Fallopian japonica*

**Region of Origin:** East Asia  
**Habitat:** Perennial, deciduous, sub-shrub  
**Current Range:** Asia, North America (39 States) & Europe  
**Flowering Season:** Summer



Japanese knotweed has astounding regenerative prowess and the capacity to spread at lightning speed, especially near streams and roadsides. It is a rapidly growing, perennial plant with characteristic purple spots on the stem. The tubular structure of the stem allows even tiny pieces of knotweed to float through waterways and readily access new habitats to colonize along its journey. The dense root and leaf structure of knotweed stands make it nearly impossible for other plants to compete, and it is considered one of the world's most destructive invasive species. The strong scent of the lacy white blooms attract bees. And, many humans are attracted to its shoots, foraging them for their wonderful rhubarb taste. Avoid sites actively managed with herbicides, and be sure to collect the shoots when they are young and tender – no more than 8 inches tall.

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### Japanese Knotweed Muffins

Recipe and Photo courtesy of [The 3 Foragers](#)

½ cup	Sugar	1 ea	Egg
2 cups	Knotweed Stalks, chopped	1 cup	Flour
¼ cup	Water	½ cup	Sugar
1 Tbsp	Lemon Juice	½ tsp	Baking Powder
¼ cup	Oil	¼ tsp	Baking Soda
		¼ tsp	Cinnamon

- Preheat the oven to 325°, place baking papers in a muffin pan.
- In a saucepot, combine 1/2 cup sugar, the chopped knotweed stalks, 1/4 cup water and 1 Tbsp lemon juice.
- Cook over medium heat for 10 minutes, stirring often.
- Allow the stewed knotweed to cool. There should be about 1 c. stewed knotweed.
- In a large bowl, whisk the egg with the oil, and stir in the stewed knotweed.
- Sift together 1 c. flour, 1/2 c. sugar, baking powder, baking soda, and cinnamon.
- Stir into the wet ingredients in the large bowl, do not over mix.
- Fill the muffin papers about 3/4 full.
- Bake for 24-28 minutes, until the top is set and springs back when touched.
- Cool and serve with butter, or toasted. Makes 8 muffins.

