

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.

A special thank you to author and ecologist Corinne Duncan for her content contributions to the Japanese Knotweed Introduction.

Japanese Knotweed Sherbet

Recipe by [Wild Man Steve Brill](#)

| | | | |
|---------|---------------------------------------|--------|--|
| 6-8 ea | Knotweed Shoots, stripped of leaves | ¼ cup | Honey, Barley Malt, or Rice Syrup |
| 1½ cups | Orange Juice (fresh squeezed is best) | 1 Tbsp | Orange Zest |
| 1½ cups | Apple or Other Unsweetened Juice | 2 tsp | Vanilla Extract |
| ½ cup | Lemon | 1 tsp | Lemon Extract |
| ¼ cup | Canola Oil | 1 tsp | Liquid Stevia (or equivalent sweetner) |
| | | ½ tsp | Salt |

- In a medium saucepan, simmer knotweed shoots in orange, apple, and lemon juice over medium heat, covered, until shoots are tender, about 10 min.
- Transfer knotweed and juices to blender, and remaining ingredients, and process until smooth.
- Chill mixture until cold (1 hr in freezer or 4 hrs in fridge).
- Pour mixture into ice cream machine and freeze according to manufacturer's instructions.
- Makes 5 cups; serves
- Eat!

