PLANT FACT SHEET

Rumex salicifolius Weinm.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Willow dock, Mexican Dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stem

The seeds are parched, pounded and cooked into a thick porridge.
The stems are boiled with sugar or roasted. The inner pulp is eaten.
The leaves are used as greens.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 200 Rumex species.

REFERENCES

Flora 4:28. 1821

http://www.botanic-gardens-ljubljana.com/en/plants

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 498

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0387d4a7-ba70-41ca-b5aa-c8628c7470ba