



PLANT FACT SHEET

Oxalis corniculata L.

GENUS *Oxalis* FAMILY Oxalidaceae

COMMON NAMES Yellow wood-sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Seeds, Spice, Flowers, Vegetable

The young leaves are chewed when fresh. They are also pickled or used in chutney.

The leaves are sour and can be added to salads. They can be cooked as a potherb. It is best to blanch them in boiled water then soaking in cold water for 2 hours.

The leaves can be soaked in hot water for 10 minutes to make a drink.

The ripe fruit are eaten fresh.

CAUTION: Because the plant contains oxalates, eating it over extended periods can reduce the bodies ability to absorb calcium. It is best to eat it with some source of readily available calcium such as coconut milk or cream.

DESCRIPTION

A small herb. It lies along the ground. The root system is thin. Several stems grow and these usually lie along the ground. These can form roots at the nodes. It grows 5 cm high. The stem is branched. There are no swollen storage organs under the ground. The leaves are stalked. They are alternate. The leaves have 3 leaflets. The leaflets have short slender stalks. The leaves are deeply lobed at the tip and wedge shaped at the base. There are stipules which are rounded and joined to the leaf stalk. The flowers are small and single. They occur on a side stalk. The flowers are yellow. The fruit are narrow and oblong. They are 5 angled. They have a short beak. There are several brown seeds.

HABITAT

It can grow from tropical to warm temperate places. In Nepal it grows up to about 2900 m altitude. In the Indian Himalayas it grows between 1,300-2,200 m above sea level. It grows in wetlands. In Zimbabwe it grows between 490-2,270 m above sea level. It grows in wetlands. It is moderately salt tolerant. It can grow in hot arid places. It can grow in arid places. Tasmania Herbarium. In Yunnan. In Sichuan.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown from rooted cuttings of the branches.

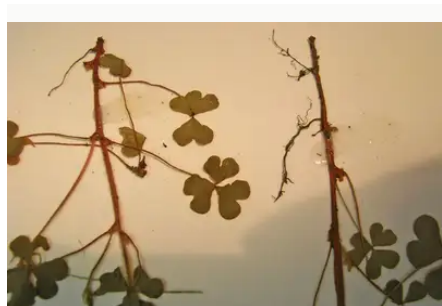
NOTES

There are about 500 *Oxalis* species.
It is high in proVitamin A.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

- Abbasi, A. M., Khan, M & Zafar, M., 2013, Ethno-medicinal assessment of some selected wild edible fruits and vegetables of Lesser-Himalayas, Pakistan. *Pak. J. Bot.* 45 (SI):215-222
- Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. *International Journal of Social Forestry.* 3(1):28-48
- Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. *Ethnobotany Research and Applications.* 11:121-141
- Aher, S. R., 2023, Traditionally Used Wild Edible Plants from Dist. Washim (M.S.) India. *Bulletin Monumental* Vol. 24: Issue 8 p 72f
- Agarwal, R. & Chandra, V., 2019, Diversity of wild edible plants in the Mandal-Chopta forest, Uttarakhand. *Journal of Medicinal Plants Studies* 2019; 7(1): 89-92
- Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. *Environmental Research Journal* 5(2) 74-86
- Ahmad, L., et al, 2021, An ethnobotanical survey of wild food plants used by the local communities of Kumrat Valley in District Upper Dir, Pakistan. *Ethnobotany Research & Applications* 22:20
- Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. *Journal of Ethnobiology and Ethnomedicine*, 12:17
- Alrhoun, M., et al, 2025, Diachronic changes in local food heritage: the ethnobiology of wild foods in central Tuscany. *Journal of Ethnobiology and Ethnomedicine* (2025) 21:48
- Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. *Academic Journal of Plant Sciences* 6 (4): 134-145

- Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 1856
- Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 418
- Amin, M., et al, 2023, Edible wild plant species used by different linguistic groups of Kohistan Upper Khyber Pakhtunkhwa (KP), Pakistan. *Journal of Ethnobiology and Ethnomedicine* 19:6 p 11
- Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. *Novos Cadernos NAEA* v. 25 No. 2 p 217
- Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. *Indian Journal of Traditional Knowledge*. 6(1) pp 163-168
- Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:10
- Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. *Economic Botany*, Vol. 55, No. 1, pp. 47-62 (As author (A. Rich.) Munro)
- Azam, F. M. S., et al, 2014, Are Famine Food Plants Also Ethnomedicinal Plants? An Ethnomedicinal Appraisal of Famine Food Plants of Two Districts of Bangladesh. *Evidence-Based Complementary and Alternative Medicine* Volume 2014, Article ID 741712, 28 pages
- Balkrishna, A., et al, 2022, Indigenous Uses of Plants among Forest-dependent Communities of Seijosa, Arunachal Pradesh. *International Journal of Economic Plants* 2022, 9(1):064-080
- Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar* 2012
- Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. *The Journal of Ethnobiology and Traditional Medicine*. Photon 120 (2013) 585-590
- BARC, 2016, State of Biodiversity for Food and Agriculture in Bangladesh. Bangladesh Agricultural Research Council.
- Barkatullah, et al, 2009, Ethnobotanical studies of plants of Charkotli Hills, Batkhela District, Malakand, Pakistan. *Front. Biol. China* 2009, 4(4): 539-548
- Baro, D., Baruah, S. and Borthukar, S. K. 2015, Documentation on wild vegetables of Baksa district, BTAD (Assam). *Scholars Research Library. Archives of Applied Science Research*, 2015, 7 (9):19-2
- Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. *Frontiers in Sustainable Food Systems*. 6:991979
- Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." <http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb>. (ACEDB version 4.0 - data version July 1994)
- Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. *Plants* 2023, 12, 1218 p 22
- Bhatia, H., et al, 2018, Traditionally used wild edible plants of district Udhampur, J&K, India. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:73
- Bhatia, H., et al, 2021, Wild Edible Fruits and Vegetables of Himachal Pradesh. *Journal of Research: The Bede Athenaeum Indian Journals.com* March 2021, Vol. 12 No. 1 (53-66)

Full reference list (209 more) at <https://www.echocommunity.org/en/resources/0b8ee547-cd16-4acb-a49e-487f84812740>

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/0b8ee547-cd16-4acb-a49e-487f84812740>