PLANT FACT SHEET

Rumex steudelii Hochst. ex A. Rich.

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten cooked.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 2 m high. It has a stout rootstock. The leaves are long and strap shaped. The flowers are on long loose groups.

HABITAT

A tropical plant. It grows in the mountain regions in West and Central Africa.

NOTES

There are about 200 Rumex species.

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