PLANT FACT SHEET

Oxalis montana Raf.

GENUS *Oxalis* **FAMILY** Oxalidaceae

COMMON NAMES Mountain sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten in soups and salads.
Caution: It contains oxalates and should probably not be eaten in large amounts.

DESCRIPTION

A herb that keeps growing from year to year. It has underground stems or rhizomes. It occurs as clumps of leaves up to 10 cm tall. The leaves have 3 heart-shaped leaflets. The leaves fold and then unfold due to sunlight. The flower colour varies. The fruit is a capsule.

HABITAT

It is a temperate plant.

PRODUCTION

Cultivation

It can grow from seed and also spread by shoots from the rhizome.

REFERENCES

Wikipedia

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0da41132-8050-44bd-b888-7810a2f7410e