PLANT FACT SHEET

Oxalis stricta L.

GENUS *Oxalis* **FAMILY** Oxalidaceae

COMMON NAMES Yellow Woodsorrel, Common Yellow Oxalis, Sour grass

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Pods, Roots, Flowers

The leaves are eaten raw or cooked as a green vegetable. They are also chewed to quench thirst.
The seed pods are edible.
The flowers are roots are also eaten.

DESCRIPTION

An upright herb. It has an underground stem or rhizome. It has a taproot. It is hairy. The stems are 30 cm tall. They form roots at the nodes. The leaves have 3 heart shaped leaflets. The leaflets have a crease in the centre. The flowers are yellow.

HABITAT

It is a temperate plant. In China it grows in forests and ravines between 400-1,500 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed. Plants can also be grown by division.

NOTES

There are about 500 Oxalis species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 21 (As Oxalis europaea)

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)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 111 (As Oxalis europaea)

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 140

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 165

Hassen, A., 2021, Diversity and potential contribution of wild edible plants to sustainable food security in North Wollo, Ethiopia. BIODIVERSITAS, Volume 22, Number 6, June 2021 Pages: 2501-2510

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Kallas, J., 2010, Edible Wild Plants. Wild Foods from Dirt to Plate. Gibbs Smith. p 177

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 598

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 61

Luczaj, L., et al, 2015, Wild food plants and fungi used by Ukrainians in the western part of the Maramureş region in Romania. Acta Soc Bot Pol 84(3):339–346

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 223 (Also as Oxalis dillenii)

Mercy, N. A., et al, 2016, Survey of Wild Vegetables in the Lebialem Highlands of South Western Cameroon. Journal of Plant Sciences 4(6): 172-184

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 374

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

F. W. Schultz, Arch. fl. France Allem. 2:309. 1854 (As Oxalis europaea)

Sp. pl. 1:435. 1753

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

Shad, A. A., Shah, H. U., & Bakht, J., 2013, Ethnobotanical Assessment and Nutritive Potential of Wild Food Plants. The Journal of Animal & Plant Sciences, 23(1) pp. 92-97

Uphof,

www.wildediblefood.com

Zennie, T.M. and Ogzewalla, C.D., 1974, Ascorbic Acid and Vitamin A content of Edible Wild Plants of Ohio and Kentucky.

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/0fef3c50-3c92-45a6-9ea0-482481ca8361