PLANT FACT SHEET

Rumex acetosella subsp. angiocarpus (Murb.) A. Love

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Sheep sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and stems are eaten raw in salads. The leaves are boiled, mashed and eaten with butter. They can be used to make soup. The leaves can contain oxalic acid causing them to burn the throat. Large amounts of raw leaves should not therefore be eaten.

DESCRIPTION

An annual plant. It grows to 1 m tall and spreads 1 m wide. The stem is erect and slender. Often the stem lies over at the base. The leaves have long leaf stalks. The leaves are usually narrow and long but older leaves are shaped like an arrow. The flowers are small and white. Male and female flowers are carried on different plants. They are on long stalks. The fruit valves are 5-6 mm long.

HABITAT

It is a Mediterranean climate plant. It occurs naturally in Europe. It prefers a well drained acid soil. It does best in open sunny positions. It is drought and frost resistant. It is naturalised on acid soils in Australia. It grows in dry rather bare places. It grows in Western Mediterranean regions.

PRODUCTION

Cultivation

It is grown by seed.

REFERENCES

Acta Univ. Lund 27(5):46. 1899 (As Rumex angiocarpus)

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 38 (As Rumex angiocarpus)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 43 (As Acetosella angiocarpa)

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 114 (As Acetosella angiocarpa)

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 586 (As Rumex angiocarpus)

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 308 (As Rumex angiocarpus)

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an ananalysis of traditional knowledge. Genetic Resources and Crop Evolution 58:991-1006

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/ (As Rumex acetosella subsp. angiocarpus)

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

Rivera, C., et al, 2005, The Ethnobotanical Study of Local Mediterranean Food Plants as Medicinal Resources in Southern Spain. Journal of Physiologyand Pharmacology. 56, Suppl. 1, 97-114

Rivera, D., et al, 2007, Gathered Food Plants in the Mountains of Castilla–La Mancha (Spain): Ethnobotany and Multivariate Analysis. Economic Botany, 61(3),

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 91

Swaziland's Flora Database http://www.sntc.org.sz/flora (As Rumex angiocarpus)

Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Tasmanian Herbarium Vascular Plants list p 45 (As Acetosella vulgaris)

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/108d54d0-3524-477a-be86-8d57c4c34ea1