PLANT FACT SHEET

Rumex alpestris Jacq.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Maiden sorrel, Mountain dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten raw in salads. They are also cooked as a potherb or added to soups and omelettes.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 584 (As Rumex montanus)

Hovsepyan, R., et al, 2016, Food as a marker for economy and part of identity: traditional vegetal food of Yezidis and Kurds in Armenia. Journal of Ethnic Foods. 3:32-41

Turner, N., et al, 2011, "Up on the Mountain": Ethnobotanical Important of Montane Sites in Pacific Coastal North America. Journal of Ethnobiology 31(1): 4-43 (As Rumex acetosa subsp. alpestris)

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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/1695ebe0-b9a9-4105-a910-1dea9dfb4510