PLANT FACT SHEET

Rumex tolimensis Wedd.

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in salads.

DESCRIPTION

A herb. It has an underground rhizome or stem. The leaves are large and very shiny. The flowers are red on an upright shoot.

HABITAT

It is a tropical plant. In the Andes it grows between 2,500-4,200 m above se level.

REFERENCES

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 159

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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/19dc828b-d149-499e-8847-93bc743bb993