PLANT FACT SHEET

Rumex paraguayensis D. Parodi

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Paraguaya dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw in salads and also cooked in soup.

DESCRIPTION

A herb. It grows each year from seeds.

HABITAT

It is a tropical plant.

REFERENCES

Kujawska, M. & Luczaj, L., 2015, Wild Edible Plants Used by the Polish Community in Misiones, Argentina. Human Ecology 43:855-869

PROVIDED BY **Food Plants International**

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/204436c8-5f47-4b7c-97e1-6171fc2a2369