PLANT FACT SHEET

Rumex vesicarius L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Ruby dock, Bladder Dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Fruit

The leaves are boiled and eaten. They are used in curries and chutneys.
The sour young shoots are sometimes eaten raw.
They can be used for curdling milk.
The unripe fruit are eaten raw.

DESCRIPTION

A shrub like plant. It is an annual plant. The stems are hollow up to about 75 cm high. The stems only occasionally branch. The leaves are broad and thick. They are like blunt arrowheads. The leaf stalks are about as long as the leaves. There are papery stipules at the base of the leaf stalk. The seed capsules occur on tall spikes and are papery red. The seed capsules have dark veins. The capsules are 1.5-2.5 cm long.

HABITAT

It is a tropical and Mediterranean plant. It grows in arid regions. It occurs in Central Australia. It is cultivated in Java. In West Africa it grows in the Sahara. It grows in the Sahel. It suits hardiness zones 6-10.

NOTES

There are about 200 Rumex species.

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