PLANT FACT SHEET

Rumex lunaria L.

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves

The young shoots are eaten raw or in soups.

DESCRIPTION

A herb.

HABITAT

It is a subtropical plant.

REFERENCES

Morales, J. & Gil, J. M., Gathering in a new Environment: The Use of Wild Food Plants during the Colonisation of the Canary Islands, Spain (2nd-3rd Century BCE to 15th Century CE)

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/2bdb91cb-535f-4ede-a682-6d9bc6e36db8