PLANT FACT SHEET

Rumex hastatus D. Don

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Nepali sorrel, Heartwing sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves and shoots are eaten pickled or mixed with other vegetables to add a sour taste. They are also used for chutney.

DESCRIPTION

A herb. It has many branches. It grows about 1 m high. It has reddish brown stems. The leaves have stalks. They are 1.3-5 cm long and vary is size. They are flattened and spear head shaped with the leaf blade at right angles to the leaf stalk. They have a central lobe which in narrow and long and fleshy. The flowers are red. They occur in small clusters. The fruit is a nut. It is enclosed by the large ring of outer flower parts.

HABITAT

It is a temperate plant. In Nepal they grow between 1000-2600 m altitude. They grow on shady slopes or in dry streambeds. It can grow in cold and arid places. It grows in Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed or thickened roots.

NOTES

There are about 200 Rumex species.

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