PLANT FACT SHEET

Rumex conglomeratus Murray

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Sharp dock, Clustered Dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten as greens. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat. They are fried with eggs.

DESCRIPTION

A herb which keeps growing from year to year. It grows about 50 cm high. It branches in the lower half. The branches spread at 30°-90°. The leaf stalks of the lower leaves are as long as the blade. These lower leaves are narrowly oval and 10-25 cm long by 2.5-3.5 cm wide. The leaves get more narrow up the plant and the base becomes heart shaped. The flower is branched and has many flowers in rings. There are small leaves around the lower flowers. The fruit has oblong narrow valves with rounded ends. The nut is 1.5-2 mm long and dark brown.

HABITAT

It is a temperate plant. It grows in damp pastures. Tasmania Herbarium.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Alrhmoun,M., et al, 2025, Diachronic changes in local food heritage: the ethnobiology of wild foods in central Tuscany. Journal of Ethnobiology and Ethnomedicine (2025) 21:48

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 24

Caballero, J. N., & Mapes, C. S., 1985, Gathering and Subsistence Patterns among the P'urhepecha Indians of Mexico. J. Ethnol. 5(1): 31-47

Cordero, S. E., Abello, L. A., & Galvez, F. L., 2017, Plantas silvestres comestibles y medicinales de Chile y otras partes del mundo. CORMA p 232

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 585

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 52

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 433

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 102

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 306

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 200

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 24, 59

Kew Plants of the World Online

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 248

Luczaj, L. et al, 2017, Comfrey and Buttercup Eaters: Wild Vegetables of the Imereti Region in Western Georgia, Caucasus. Economic Botany, 71(2), 2017, pp. 188–193

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 495

Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 461

Pieroni, A. et al, 2014, Resilience at the border: traditional botanical knowledge among Macedonians and Albanian living in Gollobordo, Eastern Albania. Journal of Ethnobiology and Ethnomedicine. 10:31

Pieroni, A. & Soukand, R., 2019, Ethnic and religious affiliations affect traditional wild plant foraging in Central Azerbaijan. Genet Resour Crop Evol 66:1495–1513

Pieroni, A., et al, 2022, Chorta (Wild Greens) in Central Crete: The Bio-Cultural Heritage of a Hidden and Resilient Ingredient of the Mediterranean Diet. Biology 2022, 11, 673.

Pieroni, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. Nutrients 15, 3242.

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Prodr. stirp. gott. 52. 1770

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 91

Tasmanian Herbarium Vascular Plants list p 45

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/35cdf224-7bc4-45ad-aefe-e891721dd048