PLANT FACT SHEET

Rumex thyrsiflorus subsp. papillaris (Boiss. & Reut.) Sagredo & Malag.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves near the base are eaten raw as snacks or in salads.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean plant.

REFERENCES

Molina, M. et al, 2014, Weeds and Food Diversity: Natural Yield Assessment and Future Alternatives for Traditionally Consumed Wild Vegetables. Journal of Ethnobiology 34(1): 44–67 (As Rumex papillaris)

Sanchez-Mata, M. C., et al, 2010, Wild vegetables of the Mediterranean area as valuable sources of bioactive compounds. Genet. Resourc. Crop Evol. 59:431-443

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

Tardio, J., 2011, Alimentos silvestres: la despensa mas natural y nutritiva. Ambienta 95/June 2011 p 45 (As Rumex papillaris)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/43b28f34-e04c-4af3-a456-ae9c9ac0bed3