PLANT FACT SHEET

Rumex alpinus Linn.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Alpine dock, Monk's Rhubarb, Mountain rhubarb, Pyrenean sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Roots

The young leaves are eaten raw in salads or cooked as a potherb.
It is also used to preserve unsalted butter.
The fresh stems are eaten raw. They are also used for tarts. They are also pickled.
The starch of the root is used as a famine food for extending bread flour, after removal of toxic elements.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 1 m tall. It forms thick patches. The leaves are heart shaped and can be 40 cm wide. It has a dense spike of flowers.

HABITAT

It is a temperate plant.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)

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