PLANT FACT SHEET

Rumex bucephalophorus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Red dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and shoots are eaten raw in salads. They are also used in stews.

DESCRIPTION

A low to medium herb. It grows 5-20 cm high. It grows each year from seed. There can be a few wiry stems. The leaves are very small and sword shaped. The flowers are small and greenish. The fruit are on stalks which curve backwards.

HABITAT

It grows in warm temperate places. It grows in sandy or rocky coastal places.

NOTES

There are about 200 Rumex species.

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