PLANT FACT SHEET

Oxyria digyna (L.) Hill

GENUS *Oxyria* **FAMILY** Polygonaceae

COMMON NAMES Mountain sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young leaves can be eaten raw in salads. They are often mixed with salt and chilli.
More mature leaves are cooked and eaten. They are lightly cooked in soups. They are used for chutney.
They are also fermented and eaten like sauerkraut.
The seeds are used in small amounts in bread making.
It contains oxalates.

DESCRIPTION

A small herb. It keeps growing from year to year. It has a short rootstock 1 cm thick. It forms clumps. The leaf stems are long. The leaves are kidney-shaped and green and succulent. The leaves are mostly at the base and 2.5-5 cm across. The leaves are often tinted red. The stems have few leaves. The stems are 10-30 cm long and the flowers are green or reddish. They are 2 mm across. The fruit becomes red with papery wings. They are 6 mm across.

HABITAT

It is a temperate plant. It grows to 64°-80° north in North America. It grows in Arctic and alpine regions in the Rocky Mountains. In the Himalayas it grows between 2,400-5,000 m altitude. It often grows on the gravel bars of creeks and river valleys. It suits hardiness zones 2-8.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

It is rich in vitamins A, B and C.

PICTURES



Credit: Food Plants International (Bruce French)

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