PLANT FACT SHEET

Rumex tingitanus L.

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem

The stem is eaten raw.
The leaves are eaten raw in salads or cooked in meals.

DESCRIPTION

A low slender herb. It has a creeping rhizome. It keeps growing from year to year. The leaves are oval or sword shaped and can have lobes. The fruit valves are several times larger than the nut.

HABITAT

It grows in sands near the sea. It is a mediterranean plant.

NOTES

There are about 200 Rumex species.

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