PLANT FACT SHEET

Rumex patientia L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Patience Dock, Herb Patience, Spinach dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Roots, Vegetable

The young leaves are eaten like a vegetable. They are cooked or added to soups.
The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The roots are sweet and are eaten.

DESCRIPTION

A herbaceous perennial plant with a tough rootstock. It grows to 2 m tall. The leaves are long and sword shaped. They are 15-30 cm long by 4-15 cm wide. The upper leaves on the stem do not have leaf stalks. The flowers are small and green. The seeds are brown.

HABITAT

It is a temperate or Mediterranean climate plant. It grows in wetlands. In Sichuan.

NOTES

There are about 200 Rumex species. It is rich in Vitamin A & C.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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