PLANT FACT SHEET

Rumex dentatus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Indian Sorrel, Toothed Dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The tender leaves are cooked as a vegetable. They are often boiled then fried.

DESCRIPTION

An erect annual herb. It grows to about 70 cm high. The lower leaves are stalked. They are 3-20 cm long by 0.6-5 cm wide. They are oblong and rounded or heart shaped at the base. The upper leaves are smaller. The flowers are greenish yellow. The occur in distinct leafy rings in the axils of leaves. The fruit is a nut. It is 3 sided.

HABITAT

It is a temperate plant. In Nepal it grows between 1200-1400 m altitude. It grows in moist, neglected ground.

PRODUCTION

Cultivation

Plants are grown from seed or thickened roots.

NOTES

There are about 200 Rumex species.

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