PLANT FACT SHEET

Rumex scutatus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES French sorrel, Buckler-leaved sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Vegetable

The leaves are eaten in salads. They are used as flavouring in soups and omelettes. They are used in sauces. CAUTION: The leaves contain oxalates so should not be eaten in large amounts.

DESCRIPTION

A leafy plant which keeps growing from year to year. It grows in clumps It is low growing and forms mats. The clumps can be 10-15 cm tall. The leaves are as broad as long and small. The leaves are 15 cm long and 8 cm wide. They are dark green and somewhat crinkly. The crisply or wavy edges help distinguish it. They have reddish stems. The flower stalks are long and tough and have red streaks. The flowers are small and greenish. The seeds are brown.

HABITAT

It is a temperate plant. It does well on rocky well-drained soil. It needs a protected sunny position. It grows in alpine and sub-alpine regions. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants are grown from seed. The flower stalks are cut to prevent the plant going to seed.

Harvesting and Seed Production

The young tender leaves are harvested and used fresh.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)

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