PLANT FACT SHEET

Rumex maritimus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Golden dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are eaten cooked as a vegetable. They are usually mixed with other leaves. They are used in curries.

DESCRIPTION

An erect herb. It has a rootstock that lasts from year to year. It grows 25-70 cm tall. The leaves are narrowly oval and heart shaped at the base. The lower leaves have long stalks and upper leaves are small and have short stalks. The flowers are in rings. The fruit are small brown nutlets.

HABITAT

It is a temperate plant. It usually grows in marshy places. In Argentina it grows below 500 m above sea level.

NOTES

There are about 200 Rumex species.

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