PLANT FACT SHEET

Rumex patientia subsp. orientalis (Bernh. ex Schult. & Schult.f.) Danser

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Patience dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used in chutney.

DESCRIPTION

A herb.

HABITAT

It grows in cold desert regions in north India.

REFERENCES

Ballabh, B., et al, 2007, Raw edible plants of cold desert Ladakh. Indian Journal of Traditional Knowledge. 6(1) pp 182-184

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6562f72e-965d-4c4a-891a-f57deda2e8cc