PLANT FACT SHEET

Rumex mexicanus Meisn.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Mexican dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young leaves are eaten raw in salads and also cooked in soups or omlettes,

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 200 Rumex species.

REFERENCES

Astrada, E., et al, 2007, Ethnobotany in the Cumbres de Monterrey National Park, Nuevo Leon, Mexico. Journal of Ethnobiology and Ethnomedicine 3:8

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

A. L. P. P. de Candolle, Prodr. 14:45. 1856

Luna, A. G., et al, 2025, Food beyond the farm: significance of noncrop plants and mushrooms for food security of highland farming communities in Veracruz, Mexico. Chapter 14 in Agroecology of Edible Weeds and Noncrop Plants.

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/73430f04-ae03-40e1-8abf-8addd9e07ed3