PLANT FACT SHEET

# *Rumex chalepensis* Mill.

**GENUS** *Rumex* **FAMILY** Polygonaceae

**COMMON NAMES** Aleppo dock

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Roots

The leaves are cooked and eaten.

## DESCRIPTION

A herb. It grows 120 cm tall. The leaves at the base are 20 cm long.

## HABITAT

It is a temperate plant.

## REFERENCES


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Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

Tareen, N. M., et al, 2016, Ethnomedicinal Utilization of Wild Edible Vegetables in District Harnai of Balochistan Province - Pakistan. Pakistan Journal of Botany 48(3): 1159-1171



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7e6a3cf0-0a89-4e81-8496-0aba48926b2a