PLANT FACT SHEET

Rumex cyprius Murb.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Hamasis

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit - young

The leaves are eaten raw as a green vegetable. They are also cooked.
The fruit are eaten raw.

DESCRIPTION

A herb. It is an annual plant.

HABITAT

It grows in Mediterranean climates. It can grow in arid places.

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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/84c4cee1-e1b7-4bf0-8901-d17b71060cf8