PLANT FACT SHEET

Rumex sanguineus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Red-veined dock, Bloodwort

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are used as spinach. They are used in salads and these can be softened by blanching in boiling water for a few minutes.

DESCRIPTION

A clumping herb. It grows 50-100 cm high and spreads 30-90 cm wide. The stems are dark. The leaves are lance shaped. They are 15 cm long. The veins are red. The flowers are small and green on long stalks.

HABITAT

It is a temperate plant. It is best in a sunny location. It suits hardiness zones 6-10. In Hobart Botanical gardens.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/85a2d339-01a6-4a5a-b8bf-9b4d206af512