PLANT FACT SHEET

Rumex lanceolatus Thunb.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Smaller dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are cooked and eaten with maize porridge.

DESCRIPTION

A herb. It is erect and grows 90 cm high. It is broad-leaved and keeps growing from year to year. The leaves are simple and alternate. They are broadly sword shaped. The flowers are in dense groups at the top of the plant. The flowers are small and 3-4 mm long. They are yellow. The fruit is an oval 3-sided nut. It is wrapped in the inner flower segments.

HABITAT

It is a subtropical plant. It grows in seasonally wet places where the dry season can be 6-11 months. It grows in hot arid regions. It grows between 85-2,800 m above sea level. It can grow in arid places.

NOTES

There are about 200 Rumex species.

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PROVIDED BY **Food Plants International**

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

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