PLANT FACT SHEET

Rumex hydrolapathum Huds.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Great water dock, Wild rhubarb

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The starch of the root is used as a famine food for extending bread flour, after removal of toxic elements. The leaves are roasted and used in pies.

DESCRIPTION

A robust plant which keeps growing from year to year. It grows 1.2-2 m high. In shallow water it produces aerating roots. The leaves are narrow and dark green. They are spear shaped and 1 m long. The flowers are in a brownish-pink spike. They are on stalks 2 m long.

HABITAT

It is a temperate plant. It grows in wet places. It can grow in shallow water.

PRODUCTION

Cultivation

Plants self seed easily.

NOTES

There are about 200 Rumex species.

REFERENCES

Fl. angl. ed. 2, 1:154. 1778

Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

Hammer, K. & Spahillari, M., 1999, Crops of European origin. in Report of a networking group on minor crops. IPGRI p 46

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 583

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 282

http://www.botanic-gardens-ljubljana.com/en/plants

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1854

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 50

PARMENTIER, (As Lapathum aquaticum)

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

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 113

Ryan, S., 2008, Dicksonia. Rare Plants Manual. Hyland House. p 110

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 134

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/8d3e09c5-f9a6-4ca7-abab-039bf38d6ebf