PLANT FACT SHEET

Rumex nervosus Vahl

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Stems, Root - flavouring, flower - nectar

The leaves are cooked and eaten as a vegetable.
The inner part of the stem is eaten raw.
The root is used as a flavouring.
The flower nectar is sucked.

DESCRIPTION

A herb or small shrub. It grows 2 m tall. The leaves are 5-8 cm long.

HABITAT

It is a tropical plant.

NOTES

There are about 200 Rumex species.

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