PLANT FACT SHEET

# *Rumex thyrsiflorus* Fingerh.

**GENUS** *Rumex* **FAMILY** Polygonaceae

## EDIBLE PARTS AND USES

**Edible parts:** Leaves

The leaves are cooked and eaten in soup.

## DESCRIPTION

A herb. It keeps growing from year to year. The taproots are large. It grows 40-120 cm tall.

## HABITAT

It is a temperate plant. It grows in moist valleys. It grows between 500-2,200 m above sea level.

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