PLANT FACT SHEET

Rumex usambarensis (Dammer) Dammer

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Vegetable

Caution: The leaves contain oxalates.
The stems are chewed raw. They are cleaned and peeled before chewing. They are also roasted and eaten with sugar or salt.
The leaves can be eaten raw or cooked as a vegetable.

DESCRIPTION

A straggling shrub. It has soft stems. It grows 1-2 m high. The stems are tinged brown and are soft and juicy. The leaves are oblong. The leaves have 2 short lobes near the base. There are 3 distinct veins. The flowers are in a branched, red flowering arrangement. The fruit are oval and 3 sided.

HABITAT

It is a tropical plant. In Kenya it grows between 900-2,500 m altitude. It grows in areas with rainfall between 1,100-2,200 mm. It grows in mountain grassland, woodland and exposed rocky slopes. It is best in soils rich in humus.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season.

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