PLANT FACT SHEET

Rumex paucifolius Nutt.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Fewleaved dock, Alpine Sheep Sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stem

The leaves and stems are eaten fresh.
The ripe seeds are used as food.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 200 Rumex species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b54fbf59-b3d2-4b2d-84a7-74883d81964f