PLANT FACT SHEET

Rumex nepalensis Sprengel

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Nepal dock, Field sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Roots

The tender leaves and shoots are cooked as a vegetable. They are used in times of scarcity and mixed with other vegetables. They are also used in curry. They are used in soup.
Both the roots and leaves have oxalic acid and should be cooked and possibly have the cooking water changed.

DESCRIPTION

A herb which grows 0.6-2 m tall. It keeps growing from year to year. It has a stout rootstock. The leaves have stalks. They are 3.5-14 cm long by 1-9 cm wide. The lower leaves have long stalks but the upper leaves do not have stalks. They are oval. The flowers are of both sexes. They are reddish and occur in long rings. The fruit is a brown nut. The flower has sepals which are hooked. These stay ringed around the fruit.

HABITAT

A tropical and subtropical plant. In Nepal they grow up to about 3300 m altitude. It grows in open, moist places. It grows between 1500-4000 m altitude in Uttar Pradesh in India.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 200 Rumex species.

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