PLANT FACT SHEET

Rumex sagittatus Thunb.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Rambling Dock, Climbing dock, Scrambling dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The cooked leaves have a sweet-sour flavour. They are used in place of tamarind in stews.

DESCRIPTION

A creeper. It keeps growing from year to year. It grows 2 m high. The leaves are smooth and arrow-shaped. They are 3-7 cm long. They are pale green and soft. The flowers develop clusters of papery capsules. These are about 1 cm wide. They change from pale green to reddish-brown.

HABITAT

It is a temperate plant. It grows in coastal districts. It will grow in most soils and positions. It is resistant to drought but sensitive to frost. In Zimbabwe it grows between 1,160-1,900 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 200 Rumex species.

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