PLANT FACT SHEET

Rumex acetosa L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Garden sorrel, Dock, Sheep's sorrel, Supermarket sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Seeds, Vegetable, Stems

The leaves can be eaten raw but are often steamed or lightly boiled then eaten. They are eaten in salads or as a potherb. They are used in soups and omelettes and sauces. They are used in chutneys. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The flowers are eaten as a vegetable or used as a garnish.
The juice of the leaves is used to curdle milk.
The seeds can be ground and made into bread.

DESCRIPTION

A small plant. It keeps growing from year to year. It grows 50-100 cm high and spreads 30-40 cm wide. It forms clumps. The leaves are broad and spear-shaped. The veins run from the midrib to the edge of the leaf. The ears at the base of the leaf are smaller. The leaves are 15 cm long. The flowers are small and red on long stalks. There are some named cultivated varieties.

HABITAT

It is a cold temperate plant. It is cultivated in Java. It grows in wetlands. In Pakistan it grows between 2,000-4,500 m altitude. It suits hardiness zones 6-7. It grows in Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown from cuttings or division. It is also grown by seeds.

NOTES

There are about 200 Rumex species.
Contains vitamins A, C, K, E, B, proteins, tannins, fiber, phenolic acids (gallic, ellagic acid, protocatechuic acid, ferulic acid, p-coumaric acid, rosmarinic, vanillic, synaptic). Pro anthocyanidins are epicatechin and epicatechin derivatives, oxalic acid

PICTURES



Credit: Food Plants International (Bruce French)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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