PLANT FACT SHEET

Rumex obtusifolius L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Broad-leaf dock, Round-leaf Dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Seeds

The young leaves are boiled and used in soups and as a potherb. The water is changed once or twice during cooking.
The starch of the root is used as a famine food for extending bread flour, after removal of toxic elements.
The seeds can be eaten raw or cooked. They can be ground into a powder.

DESCRIPTION

A plant that keeps growing from year to year. It grows 1 m high and spreads 1 m wide. It has a long taproot. The stem is erect with spreading branches. The leaves are broad and blunt. The leaves are wavy. The flower spikes are crowded. The flowers are small and green. The seed valves have 1-4 teeth on each side.

HABITAT

It is a temperate plant. It will grow in most soils and positions. It is resistant to frost but sensitive to drought. In Argentina it grows from sea level to 2,000 m above sea level. Tasmania Herbarium. In Yunnan.

PRODUCTION

Cultivation

Plants are grown by seed.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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