PLANT FACT SHEET

Rumex pulcher L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Fiddle dock, Red dock

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled or fried and used in pies. They are also used raw in salads. They are used for making sauces.
The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

An erect herb. It grows about 60 cm high. It has stiff spreading branches. The leaves have a soft texture. They are 3-13 cm long by 10-30 mm wide. They are oblong to heart shaped and often with a narrow waste just below the middle. The flowering stalk has angular branches. It droops and forms tangled masses. The fruit have projections which are not hooked.

HABITAT

It grows in a temperate or Mediterranean climate. It will grow in most soils and positions. It is resistant to frost and drought. It grows in pasture. In Argentina it grows below 500 m above sea level. Tasmania Herbarium.

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)

REFERENCES

Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243

Alrhmoun, M., et al, 2026, Ecological fingerprints of mountain migration in wild food plants of North Macedonian and other Balkan Gorani. Discover Food (2026) 6:189

Astrada, E., et al, 2007, Ethnobotany in the Cumbres de Monterrey National Park, Nuevo Leon, Mexico. Journal of Ethnobiology and Ethnomedicine 3:8

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 24

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 585

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 52

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. Journal of Ethnobiology and Ethnomedicine, 11:56

Dolina, K. & Luczaj, L., 2014, Wild food plants used on the Dubrovnik coast (south-eastern Croatia) Acta Soc Bot Pol 83(3):175–181

Dretakis, M. et al, 2012, Flora and Fauna Biodiversity in an ancient olive grove in Crete (Greece) in Calabrese G. (Ed.) Study on Biodiversity in Century-Old Olive Groves. CIHEAM - Mediterranean Agronomic Institute of Bari. p 94

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an ananalysis of traditional knowledge. Genetic Resources and Crop Evolution 58:991-1006

Ertug, F, Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

Gurdal, B. & Kultur, S., 2014, The edible and miscellaneous useful plants in Marmaris (Southwest Turkey). İstanbul Ecz. Fak. Derg. / J. Fac. Pharm. Istanbul 44(1) 2014 pp.69-78

Hancer, C. K., et al, 2020, Traditional Knowledge of Wild Edible Plants of Biga (Çanakkale), Turkey. Acta Societatis Botanicorum Poloniae / 2020 / Volume 89 / Issue 1 / Article 8914

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 217

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 202

Hyde-Wyatt, B.H. & Morris D.I., 1975, Tasmanian Weed Handbook. Dept of Ag Tasmania. p 24, 57

Kizilarslan, C. & Ozhatay, N., 2012, An ethnobotanical study of the useful and edible plants of İzmit. Marmara Pharmaceutical Journal 16: 134-140, 2012.

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 248

Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 39

Luczaj, L. et al, 2013, Wild food plants used in the villages of the Lake Vrana Nature Park (northern Dalmatia, Croatia). Acta Societatis Botanicorum Poloniae, 82(4): 275-281

Luczaj, L. et al, 2014, Wild Food Plants of Dalmatia (Croatia). in A. Pieroni, C. L. Quave (eds.), Ethnobotany and Biocultural Diversities in the Balkans, p 143

Luczaj, L., & Dolina, K., 2015, A hundred years of change in wild vegetable use in southern Herzegovina. Journal of Ethnopharmacology 166: 297–304

Luczaj, L. et al, 2017, Comfrey and Buttercup Eaters: Wild Vegetables of the Imereti Region in Western Georgia, Caucasus. Economic Botany, 71(2), 2017, pp. 188–193

Full reference list (17 more) at https://www.echocommunity.org/en/resources/d638c499-da7b-475b-ba3e-477436d6e3e1

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d638c499-da7b-475b-ba3e-477436d6e3e1