PLANT FACT SHEET

Rumex crispus L.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Sour dock, Curled dock, Yellow dock

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Stalks, Roots, Vegetable

The very young leaves can be added to salads. They are also used in soup.
Leaves are boiled. If they are bitter the water should be changed 2 or 3 times. They are used in soups. When cooked in milk the astringent taste goes. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.
The seeds can be cooked and eaten but are bitter. They are used in pancakes and added to scrambled eggs.
CAUTION: The leaves can contain oxalates.

DESCRIPTION

An erect herb. It can grow up to 1 m tall. It keeps growing from year to year. The leaves are smooth. They are sword shaped or oblong and up to 30 cm long. They are wavy along the edges. The leaves at the base are larger with larger leaf stalks. The flowers are very small. They are greenish. They are crowded in rings on a branched flower stalk. The flowering stems can be 1.2 m high. The fruit is dry and one seeded. It is 3 angled. The seed valves are broad and 4-6 mm long. They do not have spines.

HABITAT

It is a temperate plant. It often grows self sown in waste ground. It can grow in cobble beach shores. It can grow in waterlogged soil and survive being covered with water in floods. It grows in wetlands. In Zimbabwe it grows between 1,220-1,700 m above sea level. In Argentina it grows from sea level to 3,700 m above sea level. Tasmania Herbarium. In Inner Mongolia. It grows in Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants produce a very large number of seeds. One plant can produce 60,000 seeds. These can remain viable for over 80 years in soil.

Harvesting and Seed Production

Plants can flower 9 weeks after germination. Plants grow in winter and spring and flower in response to increasing daylength.

NOTES

There are about 200 Rumex species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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