PLANT FACT SHEET

Rumex acetosella subsp. acetoselloides (Balansa) Den Nijs

GENUS *Rumex* **FAMILY** Polygonaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as snacks and in soups and pies. They are also dried and preserved.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

Pieroni, A., et al, 2020, Wild food plants traditionally gathered in central Armenia: archaic ingredients or future sustainable foods? Environment, Development and Sustainability. Springer p 11

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d876cece-38ad-4f2c-87d0-f7a6db50bf32