PLANT FACT SHEET

Rumex triangulivalvis (Danser) Rech.f.

GENUS *Rumex* **FAMILY** Polygonaceae

COMMON NAMES Willow dock

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A robust herb that keeps growing from year to year. The stems are branched. The leaves are only slightly wavy at the edge. They taper to the base of the leaf. The seed valves have a sword shaped bump.

HABITAT

They grow in waste places and ditches. It will grow in cooler places than some other docks.

REFERENCES

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 321

PROVIDED BY **Food Plants International**

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/e8086f87-2bf0-4ec9-b38e-671714f4632b