



SORREL

Rumex acetosa

PERENNIAL | POLYGONACEAE FAMILY

ZONES: ZONES 4-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 2 FT | SPREAD 1 FT

BLOOM: GOLD/YELLOW | SUMMER



HERB & VINE
— healing plants —



Medicinal



Culinary



Pollinators



Butterflies



Container



Resistant

Common or garden sorrel is rich in fiber, Vitamin C and beta-carotene. It also contains oxalic acid and should not be consumed in large quantities. A good choice for the edible garden, it is also well-suited for containers. It can be used either as 'filler' or as a 'thriller' in the 'spiller-thriller-filler' combination, it self-seeds and can be aggressive, so remove spent flowers.

- Therapeutic*: has traditionally been used to treat inflammation, cancer, diarrhea, scurvy and fever. A tea made from the stem and leaves can act as a diuretic. Also used to make a cooling drink for fever.
- Culinary: leaves have a tangy lemon flavor. Root - cooked, dried, ground into a powder and made into noodles. Seed - raw or cooked ground into a powder and mixed with flour to make bread. The juice of the leaves can be used as a curdling agent for milk. Leaves can also be used as a garnish, in salads and soups.

Cautions: Can aggravate these conditions: rheumatism, arthritis, gout, kidney stones and hyperacidity. Use caution - can be harmful to cats, dogs, horses.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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