

Sorrel

Rumex sp. (Family Polygonaceae)



The dock - species all have a lot of vitamin C - but best suited for cooking the small and large sorrel. Super delicious in salads or chopped with cane sugar as a sauce to strawberries. Also included in the Frankfurt Green Sauce.



The two sorrel - species have pointed tips where the stem merges into the leaf blade (the "leaf surface"). The upright stem has tiny, inconspicuous flowers at the end and later spherical seeds.



Sorrel has a lot of oxalic acid and should therefore not be consumed permanently in masses, otherwise kidney damage can occur. This can be remedied by eating dairy products at the same time.



Poisonous confusion partners are fence and field bindweed. These "creep" over the ground and look for other plants to climb up. Unlike sorrel, they do not form stems, the flowers are large and funnel-shaped, but the leaves can be very similar.