

Dock , Bloody

Rumex sanguineus



(Red-veined dock; Bloodwort) A British native with rosettes of striking light green leaves marked with bright maroon-coloured veins. Very interesting new salad green! Young leaves are used like spinach, fresh in salads or blanched a few seconds in boiling water. Has been used medicinally for cancer and for various blood diseases.

Zones 4-8