



SORREL (*Rumex acetosa*)

Sorrel has been finding its way into the human diet for thousands of years. The plant originates from highland regions in what is now France and surrounding European countries.



Sorrel makes a tasty addition to soups, sandwiches, and salads. It is also used in many other foods, including reindeer milk. (Yeah, yeah, we know -- central Texas isn't exactly awash in fresh reindeer milk. We just thought it would be a great way to let you know just how versatile sorrel really is.) Sorrel has a distinctly sour taste due to a high oxalic acid content. Oxalic acid is found in many greens we eat -- chard and spinach, to name a couple -- and although it is poisonous in very high doses, I've never heard of anyone dying from eating too much salad. If it is possible to die of an overdose of sorrel, I may be the first one to go, because I eat a **LOT** of sorrel and spinach.

Sorrel is a perennial plant that can grow for over five years, producing and self-seeding all through its lifespan. It attracts many varieties of butterfly and moth as their larva (caterpillars) are especially fond of the leaves. One of the first greens to emerge in spring, last to go to seed or "bolt" in the hot summer, and most resistant to freezing back and going

dormant, this green is tough and tasty. Sorrel does well in a wide range of sun and shade. The more sun, the more production in spring and fall; however, more sun means it will need more watering. In shade, the plant grows more slowly but requires less maintenance. Its roots reach deep into the soil, tapping into deeper water availability and becoming more self-sufficient as time passes.

Because the seeds are extremely small and require light to germinate, it can be tricky to get sorrel going. But if you give it a good foothold by planting well-established starts and a little care, you can ensure a vigorous community in your vegetable plot or forest garden.

We have many vigorous sorrel plants in stock (as well as its more wild cousin, Dock) and would be happy to help you establish a patch of your own. Please email us with any questions or comments. Thank you for reading, and may your garden grow green!

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