



# SORREL (*RUMEX ACETOSA*)

## PLANT FACTS

**Garden sorrel (*Rumex acetosa*)** also known as common sorrell, narrow-leaved docked, or spinach dock, is a common perennial herb from the **buckwheat or POLYGONACEAE botanical family**. It has **arrow-shaped leaves that can develop shades of deeper greens, reds, purples in its veins**, and can reach **heights of 24 inches**. The plant is leafed out all year long, in flower from May-June, and in seed from June to August. The plant has male and female flowers on separate plants, so it's required to **grow both for the production of seed, as sorrel is not self-fertile and wind pollinated**. The tender leaves can be harvested all season long for their **sour, lemony flavor** from the presences of **oxalic acid** (also found in spinach, beets, and other wild sorrel varieties) that **lends a bright bite to salads, stews, dressings, and drinks**. Sorrel can have an **acidifying action on the soil it's grown in**, making it a recommended companion plant for blueberries and other fruiting plants that require a more acidic soil. Also considered a dynamic accumulator, it draws nutrients and minerals from the soil, making them more bioavailable through the ecosystem.

## GROWING & PROPAGATION INFO

Sorrel is commonly known as a cool-season plant. **Prepare beds before planting with aged compost and start seeds in the spring when the ground is soft, sowing seeds ½ inch deep and up to 2 to 3 inches apart**. Thin successful seedlings from 12 to 18 inches apart when plants are 6 to 8 weeks old. **Space rows 18 to 24 inches apart. Divide established sorrel in the spring**. Choose male plants—without flowers—for divisions to avoid reseeding or the non-flowering cultivar 'Profusion'. To see successful results, sorrel must be kept moist though plants can tolerate moderately dry soils. It will be ready for harvest 60 days after sowing.

## NUTRITIONAL BENEFITS

Sorrel is a **nutritional powerhouse**, providing significant amounts of important micronutrients, including **vitamin A**, a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health and **vitamin C**, an important antioxidant that helps the body resist infection. The fresh or dried leaves are considered **astringent, diuretic** (increasing urination), **laxative** (softening the bowel), and cooling. Juice of the leaf has also been applied topically for the treatment of itchy skin and for treatment of ringworm. Those prone to developing calcium-based kidney stones should be careful in consuming sorrel as the oxalic acid can interfere with calcium absorption.

## RECIPE - SORREL HERB DRESSING

Sorrell makes a wonderful and simple salad dressing. In a blender, add 1/2 cup of olive oil, 8 leaves of fresh sorrel, 1/2 tsp each of salt and black pepper, 3 TB apple cider vinegar, and 1/8 cup of other herb of your choosing (thyme, basil, oregano), blend until smooth and use to dress your favorite salad or greens mix. Enjoy!



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