

***Rumex maritimus* L**

Family: Polygonaceae

A herbaceous plant with the distinguishing lance like leaves and golden yellow flower bunches, *Rumex* is commonly available near roadside and agricultural fields. The plant is treated as leafy vegetable in cooked form across the northern Indian states. Commonly known as *Kali hulli* (Jammu and Kashmir), *Bon Chuka* (Assam), *Torong khongchak* (Manipur), *Jungli palak* or *Kukur Jiwba* (Jharkhand, Odisha and West Bengal) the plant is either prepared singly or mixed with other vegetables. The recipe is based on boiled leaves in majority of the areas, however, stirred fried preparations are also in use in some communities. It is mostly gathered for domestic use though in Manipur the plant is also available in local vegetable market for general sale.

Nutritionally, the plant is a rich source of Vitamin A and C as well as minerals (calcium, iron, magnesium, etc.). However, over consumption should be avoided due to presence of oxalic acid which can lock up other nutrients, thus causing mineral deficiencies. As a remedy cooked form is preferred to neutralize the effect of oxalic acid.



Photo: Plants of the World Online

