

Rumex alpinus

[Synonyms : *Rumex pseudoalpinus*]

MONK'S-RHUBARB is a perennial. Native to central and southern Europe it has small reddish or purple-tinged, greenish flowers.

It is also known as *Alpen-Ampfer* (German), *Alpen-Sauerampfer* (German), Alpine dock, *Alppihierakka* (Finnish), *Alpskräppa* (Swedish), *Alpsyra* (Swedish), *Ampfer* (German), *Blacke* (German), Butter docken, Butter leaves, Garden patience, Herb patience, *Lampé* (French), *Lapazio* (Italian), Mountain rhubarb, *Oseille épinard* (French), *Parelle* (French), Passions, Passion's dock, Patience (English, French), *Pazienza* (Italian), *Rabarbaro alpino* (Italian), *Romices* (Italian), Spinach dock, *Šřovik alpský* (Czech), *Winterspinat* (German), and *Yabani ashun otu* (Turkish); and in flower language is said to be a symbol of patience.

Alpinus means 'alpine' ie. found above the tree line.

The leaves were once used to preserve unsalted butter during hot Summer months, and if they were cooked with meat they were believed to act as a tenderiser.

In European alpine regions processed alpine dock leaves have provided fodder for pigs.

Medicinally, the roots can be used as an alternative to senna (*Cassia senna*), buckthorn (*Rhamnus cathartica*) or rhubarb (*Rheum officinale*) [not garden rhubarb, *Rheum x hybridum*] and were particularly recommended by herbalists for treating jaundice.