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Rumex aquaticus

[Synonyms : *Rumex aquaticus* subsp. *euaquaticus*, *Rumex britannica*, *Rumex hydrolapathum* var. *americanum*, *Rumex helolapathum*, *Rumex hippolapathum*, *Rumex orbiculatus*, *Rumex protractus*]

SCOTTISH DOCK is a perennial. Native to northern Europe it has small greenish-yellow flowers.

It is also known as Great water dock, *Hästkräppa* (Swedish), *Hästsyra* (Swedish), Horse sorrel, Red dock, *Šťovík vodní* (Czech), *Wasser-Ampfer* (German), Water dock, Western dock, and Yellow-rooted water dock.

Scottish dock is considered to be threatened in the wild in Britain.

Aquaticus means ‘growing in or near water’.

The powdered root has been used as a toothpaste.

Medicinally, herbalists recommended Scottish dock as a tonic and used it externally to treat skin diseases, sores and ulcers.