

## Sorrel, Common Sorrel, Garden Sorrel

Family	Polygonaceae
Botanical	Rumex acetosa
Parts Used	Leaves
USDA Hardiness	3 - 9
Light	Full Sun to Part Shade
Soil	Well Drained
Duration	Perennial



**Propagation** Sorrel can be grown from seeds started indoors in early spring, or you can purchase a plant from a nursery.

**Water** As needed, do not overwater

**Growing** After established, one or two plants will grow into a patch that will produce enough sorrel for most households. Set out plants in spring, around your last frost date, in any fertile, well drained soil. Sorrel plants tolerate light frosts. Sorrel will usually bolt when temperatures begin to soar, usually in June or July. When this happens, you can allow the flower to bloom and enjoy it, but this slows the production of leaves. If you want to encourage larger and more leaf production, cut the flower stalk off and the plant will give you a few more harvests.

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**Medicinal Uses** Refrigerant and diuretic

**Benefits** Sorrel is especially beneficial in scurvy.

**Preparation** Both the root and the seed were formerly esteemed for their astringent properties, and were employed to stem haemorrhage.

A syrup made with the juice of Fumitory and Sorrel had the reputation of curing the itch, and the juice, with a little vinegar, was considered a cure for ringworm, and recommended as a gargle for sore throat. A decoction of the flowers, made with wine, was said to cure jaundice and ulcerated bowels, the root in decoction or powder being also employed for jaundice, and gravel and stone in the kidneys.

Sorrel Power Punch

6 Sorrel leaves

2 Large dessert apples cored and unpeeled cut into quarters

1 Peeled Lime

1 Sprig Mint

A small bunch of Parsley

Put all the ingredients in a juicer and drink on an empty stomach. Don't eat or drink anything else for half an hour.

Although sorrel has been part of our world for many hundreds of years, as a plant it continues to surprise us, not only with its taste but also with its many and various uses.

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# Fines Herbes

## Culinary Uses

Halfway between a green and an herb: its flavor is notably tangy and sour, and it can be eaten raw or gently cooked, but in both cases it is best served in combination with other ingredients, so its pungency won't overwhelm.

Add to soups

Make it into a sauce for fish

Add to omelets and scrambled eggs

Add to a stuffing for meat

Shred sorrel and stuff it into fish

Add to quiches

Add to mashed potatoes

Add to hummus

Add to pasta

Add to mixed-leaf and herb salads

Add to chard and spinach anywhere you would use those

Use as a filling for buckwheat crêpes

Make it into a pesto, to use in pasta, on pizzas, or with grilled salmon

## Sorrel Greens Soup

### Ingredients:

1 quart chicken stock

1 medium leek onion and three scallions chopped

1/2 a medium celery root skinned and chopped

2 carrots chopped into small pieces

1 bunch loosely chopped sorrel

2 clove garlic minced

salt and pepper to taste

Butter for sauteing

### Directions:

1. Gently heat the chicken stock in the pot

2. Simmer for 20 minutes

3. In the pot, saute the chopped celery root and carrots for a few minutes to soften

4. Remove 1/3 of these vegetables and set aside

5. Add the chopped leeks and scallions

6. Add the garlic to the pan and heat until fragrant

7. Season with salt and pepper

8. Puree with the immersion blender until smooth (there can be tiny pieces of vegetable)

9. Add the sorrel, the rest of the sauteed vegetables that were put aside and simmer 10 minutes

10. Serve with a dollop of sour cream, heavy cream, or coconut cream or just plain

Prep Time: 15 minutes

Cook Time: 15 minutes



## Historical Facts

Around 200 B.C., the Greek scientist Diocles wrote, in Book i. of his Health, that "Wild vegetables fit to boil are the beet, mallow, sorrel, nettle, orach, iris-bulbs, truffles, and mushrooms", suggesting that the plant was at that time regularly eaten, but not cultivated in gardens. Towards the beginning of the thirteenth century, Alexander Neckham writing in his De Naturis Rerum of the ideal garden, said that "There should also be pottage herbs, such as beets, herb mercury, orach, sorrel, and mallows", but

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one suspects that those were more commonly picked from the wild. We do know, though, that in the time of Henry VIII, wood-sorrel was used as an herb and in salads.

## Additional Tips

## Nutrition Facts

Incorporating sorrel into your diet gives you access to one of nature's vitamin C foods -- a 1/2-cup serving of this tart green provides you with 53 percent of the daily recommended intake. If you have recently sustained an injury, eating foods high in vitamin C helps your body heal properly. You may also consider adding sorrel to your meal plan if you're a smoker, smoking decreases the amount of vitamin C available for use in your body. One serving of sorrel contains 6 percent of the vitamin A you need daily as well, which bolsters your eyesight. 1 portion has 8 percent of the iron your body requires each day. The iron you eat has a direct effect on the amount of oxygen in your body, which influences energy levels and cognitive function. Additionally, eating sorrel leaves provides 3 percent of the daily recommended value of calcium, a mineral needed for strong bones and teeth.