

Yellow Dock

Family	Polygonaceae
Botanical	Rumex crispus
Parts Used	Root
USDA Hardiness	3 - 9
Light	Partial Shade
Soil	Moist, well drained
Duration	Perennial



Propagation	Plant the yellow dock seeds in early spring in well-drained, fertile soil.
Water	As needed
Growing	Grows along roadsides, in wetter areas. Does well in sun or shade. Moist soil is this plant's preference, although it has been found growing in the deserts of the United States. Does best in rich, sandy loam.

Medicinal Uses	Nutritive, alterative, mild laxative, blood tonic and cholagogue.
Benefits	For anemia, skin diseases including eczema, psoriasis, acne, herpes, for congestion gall bladder disorders and gastrointestinal diseases.
Preparation	Tincture, decoction and syrup using the root. Decoction: Put 1-2 teaspoons of the root in a cup of water. Bring to a boil and simmer gently for 10-15 minutes. Drink 3 times a day.

Fines Herbes

Culinary Uses

Besides being high in iron the leaves also contain significant levels of calcium, potassium, beta carotene. They have a slight lemony twang to them, which indicates the presence of oxalic acid. (Which is also found in beets, spinach, and rhubarb leaves.) Because of the oxalic acid found in dock leaves it's not recommended to eat large amounts of raw greens. It's vital to always cook yellow dock leaves; if done as described below, harmful amounts of oxalic acid are removed.

Yellow Dock Enchilada Recipe

Ingredients:

28 oz. red enchilada sauce

1 ½ cups yellow dock leaves, cooked (boil in water for 1 minute, drain water and add fresh water, boil for 1 minute again, and drain)

3 greens onions (scallions), chopped

1/3 cup sour cream

1 1/2 cups shredded cheddar cheese

½ lb. cooked ground beef or cooked, shredded chicken breast

About 8 (7 inch) flour tortillas

Sliced black olives (optional)

1. Preheat the oven to 350 degrees F.

2. In a bowl, combine ½ cup enchilada sauce, yellow dock leaves, onions, sour cream, and 1 cup cheese.

3. Spoon about ½ cup of enchilada sauce onto the bottom of an 11 x 7 inch baking dish.

4. Spoon about ¼ cup of the dandelion leaf mixture into a tortilla and roll up. Place, seam side down, in the baking dish. Repeat with remaining tortillas.

5. Spoon the remaining enchilada sauce over the rolled tortillas. Sprinkle remaining cheese over the top. If using, scatter sliced black olives over the top.

6. Bake until cheese is melted and filling is bubbly, about 20 minutes.



Historical Facts

The plant is native to Europe and Western Asia but has naturalized itself widely in North America where it grows almost anywhere it can. Native American use of this plant was extensive. All parts of the plant were used internally and externally as medicines. The Dakota used the bruised green leaves to draw out pus from wounds. The Blackfoot, Cheyenne and Dakota tribes used the mashed fresh root pulp for rheumatic pains, swelling and sores externally. The Iroquois also applied this mash to piles, and as a poultice in yellow fever. The Cherokee, as well as the tribes mentioned above, used the root internally for constipation, and to inspire the body to cleanse the blood. Their specific indications for use were jaundice, chronic skin afflictions, intestinal colds and pain, and kidney trouble. While the root was an emetic, many of these same tribes drank a hot infusion of the seeds for diarrhea. The Navajo considered yellow dock to be life medicine, and deemed it a panacea, or a cure for what ails you.

Additional Tips

Nutrition Facts

Rich in vitamins C and A, iron, calcium, potassium, and beta carotene - but they also contain oxalic acid.