

## SORREL



Sorrel, also known as Common sorrel, garden sorrel, meadow sorrel, and sourgrass, is a perennial plant that is very common in damp meadows and along roads and shorelines in Europe and Asia but is found only sparingly in North America. The stem grows from 1 to 3 feet high and bears alternate, light-green leaves that are oblong or oblong-oval in shape and range from long-petioled at the bottom to nearly sessile at the top of the plant. They have two pointed lobes at the base and may be obtuse or pointed at the

apex. Small greenish or reddish flowers bloom in paniced racemes from May to August.

Sorrel has been used effectively as an astringent, diuretic, and laxative. Sorrel root has astringent properties, and a decoction made from it has been used for hemorrhage in the stomach and for excessive menstruation. A tea made from the leaves and stem is diuretic and may be helpful for gravel and stones. For mouth and throat ulcers, a tea made from leaves and flowers and taken with honey has been recommended. Sorrel leaves are sometimes used like spinach, particularly for "spring cures." Externally, a tea made from the herb can be used as a wash for fomentation to treat skin diseases and problems.