

# Dr. *Nancy* BECKER

EARS, NOSE & THROAT 🌿 ALLERGY THERAPY 🌿 FACIAL PLASTIC SURGERY

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## Curly Dock

*Rumex Crispus*

**Family:** Polygonaceae  
**Genus:** Rumex  
**Species:** Crispus

### **Common Names:**

Curly Dock  
Yellow Dock  
Sour Dock  
Narrow-leaved Dock

## Sheep Sorrel

*Rumex Acetosella*

Polygonaceae  
Rumex  
Acetosella

Sheep Sorrel  
Sorrel Dock  
Field Sorrel  
Red Sorrel  
Wood Sorrel  
Sour-weed

### **Pollen Grains:**

Spheroidal; 23-27 microns in diameter; thin exine is finely pitted. 3, 4 or sometimes 6 linear furrows are evenly arranged, each having a small elliptical germ pore.

### **Pollinating Period:**

June to August; earlier in farm areas

Throughout the summer, heaviest in May and June

### **Distribution:**

Throughout the US

Throughout most of the US; rarely in Southern California or desert areas of the Southwest

### **Allergic Importance:**

Of moderate importance in areas of abundance

Curly Dock is a stout perennial 1 ½ to 5 feet tall. During the first year the plant forms a dense rosette of leaves. Leaves are elongated with wavy margins. Upright stems are leafy. The terminal inflorescence is dense with few or no leaves and is 1-2 feet long. In fruit in the late summer and fall, the tops turn a characteristic reddish brown.

Sheep Sorrel is a perennial ½ to 2 feet tall arising from a slender running rootstock. The leaves are rather flashy and vary in size and shape from lower to upper. The lower leaves are halbard-shaped with two basal lobes. The inflorescence is terminal and mostly leafless. Individual flowers are of separate sex with the female being red and the male a yellowish green color. The foliage of the docks is acid, but especially so in this species.