Fresh Vegetable

WOOD SORREL SEASONAL



Ref: ARH-07

Italian name: Acetosella

Weight order: by bundle

Description: Wood sorrel is an incredible thirst quencher and is refreshing to eat. The leaves, flowers, and immature green seed pods are all edible having a mild sour flavour that some say resemble lemons. Wood sorrel is also rich in Vitamin C.

Season: from Spring to Autumn

Serving suggestion: Wood sorrel can be added to salads, used in soups, sauces and it can also be used as a seasoning. Wood sorrel tea when cooled can make a refreshing beverage especially when sweetened with honey. In moderate dosages, wood sorrel is cooling (refrigerant, febrifuge), diuretic, stomachic (soothing to the stomach, relieves indigestion), astringent, and catalytic.

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