

Sheep Sorrel

(Rumex acetosella)

Sheep Sorrel is small, creeping weed that occurs in all US states, and many states list it as an invasive species. It has a reputation as a medicinal herb for various ailments, but its main health impact is as an allergenic plant. It can be found in many disturbed sites, and can tolerate a wide variety of soil types. It can be a pest for lawns, but mainly takes advantage of unkept areas where it can establish itself and take over from native plants.

Pollination occurs from May through September, depending on the latitude. In many areas, the Sheep Sorrel pollination overlaps with grasses. Sheep Sorrel pollen can travel great distances, and is considered a moderate allergen. One study determined that a single Sheep Sorrel flower can produce up to 65,000 pollen grains, with a single plant producing over 4 million grains! Cross-reactivity with other Sorrels and Docks is very strong.

