PLANT FACT SHEET

Typha elephantina Roxb. non Grah.

GENUS *Typha* **FAMILY** Typhaceae

COMMON NAMES Elephant grass, Indian reed-mace

EDIBLE PARTS AND USES

Edible parts: Rhizome, Leaves, Flowers, Pollen, Stems, Roots, Vegetable

The young shoots are eaten.
The starchy rhizome is eaten.
The pollen is eaten. It is used for a kind of bread.

DESCRIPTION

A herb. It is a reed like plant. It keeps growing from year to year. It is 1.5-4 m tall. The leaves are narrow. The leaf sheath is angular and keeled. The leaf blade is 25-40 mm wide. The male and female parts of the flower are separate.

HABITAT

A tropical plant. It grows on the Deccan in India. It grows on the edge of water. It grows in the Sahara and the Sahel. It can grow in salty soils. It can grow in arid places.

NOTES

There are 10 Typha species.

REFERENCES

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal of Plant Sciences 6 (4): 134-145

Al-Sodany, Y. M., et al, 2020, Plant Diversity and Community Structure of the Main Wadis at High Altitudes of the Western Mountains at Taif, Saudi Arabia. Egypt. J. Bot., Vol. 60, No.2, pp. 325-346

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 658

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 5. Kew.

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 242

Fl. ind. ed. 1832, 3:566. 1832

Flora of Pakistan. www.eFloras.org

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 565

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 662

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 20, 108

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 221

Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 154

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 13th June 2011]

Uphof,

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 71

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/026303e1-3b5c-441a-b39b-f9fb2a3d3d90