PLANT FACT SHEET

Gahnia sieberiana Kunth.

GENUS *Gahnia* **FAMILY** Cyperaceae

COMMON NAMES Red-fruit Saw-sedge, Ginger nut sedge

EDIBLE PARTS AND USES

Edible parts: leaves, Seeds

The seeds are pounded into flour and eaten.
The leaf bases are eaten.

DESCRIPTION

A sedge or herb. It forms clumps and keeps growing from year to year. The stalks are 3 m long. They are slender. The leaves are 2 m long by 2 cm wide. They are flattened but often rolled and rough and have a channel on the upper surface. The flowering stalks are 60 cm long. The branches spread. There is a bract near each branch. The flower stalks are pale brown. There are many small spikelets. The flowers are cream. The nut is about 0.4 cm across. They are red-brown and shiny.

HABITAT

It is a temperate plant. It also grows in the tropics. It grows in a range of places and in different soils. The soils should be moist. It can withstand dry periods, once established. It can tolerate heavy shade and grow in full sun. It is hardy to frost and can tolerate waterlogging. It suits hardiness zones 8-9. Tasmanian Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed. Seed germinate irregularly.

NOTES

There are about 30-40 Gahnia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0290e96d-4232-42a9-adf3-988028b053ab