PLANT FACT SHEET

Leymus arenarius (L.) Hochst.

GENUS *Leymus* **FAMILY** Poaceae

COMMON NAMES Lyme grass, Blue dune grass, European dune grass, Rancheria grass, Sea Lyme grass, Strand wheat

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The grain is cooked like rice and eaten with game meat. It can be served with sugar and cream as a breakfast cereal.
It is mixed half and half with wheat flour for pancakes, biscuits and muffins.

DESCRIPTION

A vigourous grass with spreading rhizomes. It grows 30-38 cm high and spreads 0.9-2 m wide. The leaves are silvery and arch over. They are 60 cm long. The flowers are white and in upright spikes.

HABITAT

It is a temperate plant. It grows on sand dunes. It is salt tolerant. It is best in a sunny location. In Argentina it grows below 500 m above sea level. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

They can be grown by division.

NOTES

There are about 40 Leymus species. They grow in northern temperate zones. It is high in protein. It can be invasive.

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