PLANT FACT SHEET

Carex cruciata Wahlenb.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Sodomplapa

EDIBLE PARTS AND USES

Edible parts: Stem

The tender stem is eaten.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It grows 40-90 cm high. It has a long woody rhizome or underground stem. The stem is 1.5-2.5 mm wide. It is triangle shaped and smooth. The flowering head is 20-40 cm long.

HABITAT

It is a subtropical plant. In southern China it grows on the edges of forests and in grasslands between 300-2,500 m above sea level.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America.

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