PLANT FACT SHEET

Schoenoplectus lacustris (L.) Palla

GENUS *Schoenoplectus* **FAMILY** Cyperaceae

COMMON NAMES Great bulrush, Club-rush, Roundstem bulrush

EDIBLE PARTS AND USES

Edible parts: Leaves, Pollen, Root, Seeds, Stem, Rhizomes

The shoots are eaten raw or cooked.
The pollen can be collected and mixed with meal to make bread.
The seeds are ground into a meal and used for bread.
The rhizomes are eaten or made into bread.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It grows in large beds in swamps. It has a strong rhizome which creeps along the soil surface. The stems are erect and dark green. They can be 2.7 m high and 1.5 cm wide. The flower is a brown spikelet at the top of the stem.

HABITAT

It grows in temperate to tropical areas. It grows in ponds and slow moving water. It suits hardiness zones 4-11.

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