PLANT FACT SHEET

Carex filicina Nees

GENUS *Carex* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Nutslets

The nutlets are eaten raw.

DESCRIPTION

A sedge. It grows in tufts and keep growing from year to year. It grows 30-70 cm high. It has a short thick rhizome or underground stem. This is dark and has fibrous scales. The leaves are 3/4 of the length of the stem. The blade is 5-7 mm wide and it is rough towards the tip. The flowering stalk is angular and grooved. The nuts are 2.5 mm long by 1 mm wide. They are brown and triangle shaped.

HABITAT

It is a tropical plant. It grows in forest openings and grassy areas along river banks. It grows in monsoon areas and hillsides. In southern China it grows between 1,200-2,800 m above sea level. In Sichuan and Yunnan.

NOTES

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

REFERENCES

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Simpson, D. A. & Inglis, C. A., 2001, Cyperaceae of Economic, Ethnobotanical and Horticultural Importance: A checklist. Kew Bulletin Vol. 56, No. 2 (2001), pp. 257-360

PROVIDED BY **Food Plants International**

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

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