PLANT FACT SHEET

Elymus repens (L.) Gould.

GENUS *Elymus* **FAMILY** Poaceae

COMMON NAMES Quackgrass, Couch grass, English couch, Twitch

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Seeds, Cereal, Shoots, Stems, Leaves

The rhizome is dried and ground into flour and added to cereal flour to make dough bread or flat bread.
It is also used in soups. The dried roots are used for tea and as a coffee substitute.
The seeds are edible. They are ground into flour.
The shoots are eaten raw as a snack or vegetable.
Caution: It should probably not be used in large amounts.

DESCRIPTION

A creeping and branching grass. It forms underground stems or rhizomes. It keeps growing from year to year. It can grow 1 m tall. The rhizomes allow it to spread. It can grow in tufts or spread in large patches. The leaf blades are 6-30 cm long by 3-10 mm wide and flat. The leaves are rough to the touch. They are dull green. The flowers are on a drooping spike 1-1.5 cm long.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 1,100 m above sea level. Tasmanian Herbarium.

PRODUCTION

Cultivation

Plants are very easily grown from small pieces of rhizome. They can also be grown from seed. Seed does not breed true so that plants vary.

Harvesting and Seed Production

The root is collected in spring, cut in short pieces, dried and stored.

NOTES

The seeds have 18.5 g protein in 100 g fresh weight.
It is rich in Vitamins A, B, K and organic acids.
The roots can suppress the growth of other plants.

PICTURES



Credit: Food Plants International (Bruce French)



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