PLANT FACT SHEET

Cyperus amabilis Vahl.

GENUS *Cyperus* **FAMILY** Cyperaceae

COMMON NAMES Foothill flatsedge

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are eaten raw.

DESCRIPTION

A sedge. It grows about 20 cm tall. It grows each year by seeds.

HABITAT

It is a tropical plant.

REFERENCES

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

Maazou, R., et al, 2023, Diversity and socio-cultural importance of wild food herbs and cyanobacteria in the Lake Chad Basin (Niger). Ethnobotany Research and Applications 25:60

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/24784c91-ace8-416c-806a-c766b42849e9