PLANT FACT SHEET

Glyceria maxima (Hartm.) Holmb.

GENUS *Glyceria* **FAMILY** Poaceae

COMMON NAMES Reed sweetgrass, English watergrass

EDIBLE PARTS AND USES

Edible parts: Seeds - flour

The fruit is used as a flour substitute in times of famine.

DESCRIPTION

A grass. It has long thick rhizomes. The stems are 80-200 cm tall and 10 mm across. The leaves are flat and light green and 25-50 cm long by 8-16 mm wide. The spikelets are 5-12 mm long and have 5-10 yellowish green flowers.

HABITAT

It is a temperate plant. It grows in water and flooded conditions.

REFERENCES

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

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World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/24edd287-52ed-4fb4-aae7-097724df1bcc