PLANT FACT SHEET

Carex lyngbyei Hornem.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Lyngbye's sedge

EDIBLE PARTS AND USES

Edible parts: Roots, stem, Seeds

DESCRIPTION

A sedge.

HABITAT

It is a temperate plant.

REFERENCES

Bowser, M., 2017, Handout on Edible Plants of the Kenai Peninsula. USFWS Kenai National Wildlife Refuge p 12

USDA Plants Database

PROVIDED BY **Food Plants International**

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/25f7a234-db7c-4a98-957f-ee181ede0a17