PLANT FACT SHEET

Cyperus congestus Vahl

GENUS *Cyperus* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Tubers, Bulb, Root, Leaves

The tubers are lightly roasted and eaten. They are sweet and crisp. They are also eaten raw.
The leaves are eaten as a vegetable.

DESCRIPTION

A sedge. It is an erect herb. These grow in clumps and have grass like leaves and solid stalks. It has underground stems or runners. It keeps growing from year to year. It can grow to 90 cm high. The stems are 3 sided at the top. The leaves can be as long as the stem. They are broad, tough and smooth. The flowers are in an open group at the top of the plant. The bulbs are round and 25 mm across. They have a sharp point at the top. They are covered with papery scales.

HABITAT

It is a subtropical plant. It grows near the edges of streams and swamps. It suits hot arid places with a marked dry season. It needs well-drained soil. In South Africa it grows between 2-2,425 m altitude. It can grow in arid places.

PRODUCTION

Cultivation

It can be grown from bulbs.

REFERENCES

Conspect. fl. afr. 5:533. 1894 (As Mariscus congestus)

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 66

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 179 (As Mariscus congestus)

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 89 (As Mariscus congestus)

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/

Marshall, 1976, (As Mariscus congestus)

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 16 (As Mariscus congestus)

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 16th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 51

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

Story, 1958, (As Mariscus congestus)

Tasmanian Herbarium Vascular Plants list p 61

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

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

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3059e44d-9f56-47c8-aab2-e40cc468a176