PLANT FACT SHEET

Carex aquatilis Wahlenb.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Water sedge, Aquatic sedge

EDIBLE PARTS AND USES

Edible parts: leaves, Root, Tuber

The 9-10 cm at the base of the stems is eaten raw. It is sweet.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It keeps growing from year to year. It has underground scaly runners. The stems or stalks are 25-60 cm high. They are slender and have 3 sharp sides to their triangular shape. The leaves are in three ranks and long and narrow. They can be 1 m long and 6 mm wide. The edges have fine teeth. The flowers and seeds are in several nodding spikes.

HABITAT

It is a cold temperate plant. It grows in swampy areas often in shallow water.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America.

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