PLANT FACT SHEET

Elymus canadensis L.

GENUS *Elymus* **FAMILY** Poaceae

COMMON NAMES Canadian Wild Rye, Blue wild rye, Mountain wild rye, Western wild rye

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are eaten.

DESCRIPTION

A grass which keeps growing from year to year. It grows 90-150 cm high and spreads 60-90 cm wide. The flower-heads are greenish and like wheat. The seed plumes turn gold on ripening.

HABITAT

It is a temperate plant. It is drought tolerant. It suits hardiness zones 3-9.

NOTES

There are 150 Elymus species. They are temperate.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/339a7043-dd84-41bb-a7bd-776fa363d78c