PLANT FACT SHEET

Eriophorum angustifolium Honckeny

GENUS *Eriophorum* **FAMILY** Cyperaceae

COMMON NAMES Tall Cotton grass, Common cottonsedge

EDIBLE PARTS AND USES

Edible parts: Root, Corm, Stem, Seeds

The young stems are eaten. The black root hairs can be removed by pouring boiling water over them. They can be eaten raw or cooked. They can also be stored in oil.
The roots are also boiled and eaten or can be stored in oil.

DESCRIPTION

A grass like herb. It does not occur in tufts. It has a creeping rootstock. The leaves are flat and keeled. It produces tassels and white cotton-like flowers. These are on short stems 30 cm long and which do not have leaves. They droop from the base of leaf-like bracts.

HABITAT

A cold temperate plant. It grows on acid moorlands. It can be covered with water 5 cm deep at the roots. It grows in Arctic regions.

PRODUCTION

Cultivation

Plants can be grown by seed or division.

Harvesting and Seed Production

Often the stems are buried by mice and then harvested from their burrows in Alaska. They are then washed.

NOTES

There are 20 Eriophorum species.

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