PLANT FACT SHEET

Carex elata All.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Tufted sedge

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Leaves, Stems

The leaves and stems are eaten as a children snack.

DESCRIPTION

A grass like plant. This sedge grows 40-90 cm high and spreads 90 cm wide. It has grass like leaves. It forms dense tussocks. The leaves are bluish-green and are folded. They have a flat tip and a brownish yellow sheath. The flowers are in brown spikes.

HABITAT

It is a temperate plant. It will grow in shallow water. It is frost hardy. It suits hardiness zones 7-10.

NOTES

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

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/47e6c67d-a2ee-4805-b387-edc4f83329f4