PLANT FACT SHEET

Bolboschoenus maritimus (L.) Palla

GENUS *Bolboschoenus* **FAMILY** Cyperaceae

COMMON NAMES Sea club-rush, Seaside bulrush

EDIBLE PARTS AND USES

Edible parts: Root, Tuber, Stem, Rhizomes

The starchy root tubers can be cooked and eaten as a vegetable or used to extract starch.
The central stem can be processed into flour.

DESCRIPTION

A herb or sedge. It has underground stems or rhizomes. It keeps growing from year to year. There is a small round tuber at the end of the rhizomes. The stalks are 25-50 cm tall and they are 3 angled. The leaves are narrow and 2-6 mm wide.

HABITAT

It is a Mediterranean plant. It can grow in salty soils. It can grow in arid places. It occurs in wet areas on salty soils near coasts. It grows in the Sahara. In Argentina it grows from sea level to 500 m above sea level.

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