PLANT FACT SHEET

Carex brizoides L.

GENUS *Carex* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks.

HABITAT

It grows in damp, shady places.

NOTES

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

REFERENCES

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Simpson, D. A. & Inglis, C. A., 2001, Cyperaceae of Economic, Ethnobotanical and Horticultural Importance: A checklist. Kew Bulletin Vol. 56, No. 2 (2001), pp. 257-360

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/53de862c-c723-48e0-b8d3-d09963f25fa9