PLANT FACT SHEET

Typha angustifolia L.

GENUS *Typha* **FAMILY** Typhaceae

COMMON NAMES Lesser bulrush, Narrow-leaved cattail

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Shoots, Vegetable, Flowers, Seeds, Stem

The young shoots are boiled and also eaten raw.
The rootstock is boiled and eaten like potato. They can also be macerated and boiled to make a sweet drink. The flour can be used for cakes.
The pith near the sprouting new stem is roasted or boiled.
The young flower spikes are eaten raw, cooked or made into syrup.
The pollen of male catkins can be used to make bread or porridge.
The seeds have been roasted and eaten.

DESCRIPTION

An erect marsh plant. It keeps growing from year to year. It is slender and grows about 1.2 m high. The leaves are narrow. They are 1 cm wide. They sheath the base of the stem. The flowers are small. They are crowded into a long, brown, cylindrical spike. This is 1.3-2 cm thick. The male and female flowers are separated by a gap of about 2.5 cm.

HABITAT

A temperate to tropical plant. It grows in wetlands. In Chile it grows from sea level to 2,000 m above sea level. It suits hardiness zone 9.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are 10-13 Typha species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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