PLANT FACT SHEET

Avena sativa L.

GENUS *Avena* **FAMILY** Poaceae

COMMON NAMES Oats

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal, Sprouted Seeds, Seedlings

The seeds are used as food after the outer layer is removed.
They are used as rolled oats, porridge, breakfast foods and in cakes and biscuits.
The young seedlings are juiced or dried and used as a food supplement.
Sprouted seeds are used in salads.

DESCRIPTION

An annual grass plant and cereal with an open spreading flower head. It can grow up to 1 or 1.5 m tall. The stalks are moderately stout. The leaves are narrow and sword shaped. They are flat and 45 cm long by 25 cm wide. The flower arrangement is an open panicle. This is in a head 50 cm long. The flowers are held to one side of the stem. The fruit is a grain tightly enclosed by the glume.

HABITAT

It is a temperate plant. It would suit some highland areas in the tropics. In Nepal it grows to about 1300 m altitude. It will grow in slightly colder areas than wheat. In Argentina it grows from sea level to 1,700 m above sea level. Tasmanian Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 25 Avena species.

PICTURES



Credit: Food Plants International (Bruce French)



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