PLANT FACT SHEET

Cyperus longus L.

GENUS *Cyperus* **FAMILY** Cyperaceae

COMMON NAMES Galingale, Sweet galingale

EDIBLE PARTS AND USES

Edible parts: Roots, Tubers, Spice, Fruit

The tubers are used as a spice in soups, pies and sweets.

DESCRIPTION

A sedge. It has single stems. These are almost triangle shaped in cross section. They grow 0.6-1.2 m high. It has thick rhizomes. The leaves are bright green and have stiff ribs. These spread out at the top like an umbrella. The leaves are 3-10 mm wide. They have brown flower spikelets in between. There are 3-6 bracts and the inflorescence has 8-12 rays.

HABITAT

It grows on muddy banks. It grows best in water 5-10 cm deep. It suits hardiness zones 6-9.

PRODUCTION

Cultivation

Plants are grown by seed. They can also be grown by division.

NOTES

There are 550 Cyperus species. It is used in medicine.

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