PLANT FACT SHEET

Briza media L.

GENUS *Briza* **FAMILY** Poaceae

COMMON NAMES Treslica

EDIBLE PARTS AND USES

Edible parts: Seeds - spice

The seeds are used in porridge and bread.

DESCRIPTION

A grass. It keeps growing from year to year. It has short rhizomes. The stalks are in loose tufts. It grows 40-60 cm tall. The leaf blades are 4-15 cm long by 4-5 mm wide.

HABITAT

It is a temperate plant. It grows in grassy clearings in forests between 3,600-3,800 m above sea level in southern China. In Sichuan and Yunnan.

REFERENCES

Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232

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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/62f2db1a-9989-4708-9574-0c2032ba2bbc