PLANT FACT SHEET

Scirpus validus subsp. creber Fernald.

GENUS *Scirpus* **FAMILY** Cyperaceae

COMMON NAMES Glaucous Bulrush

EDIBLE PARTS AND USES

Edible parts: Leaves, Pollen, Root, Seeds

The young shoots and roots are eaten cooked They are also preserved in rice bran.
The tender base of the stem is eaten raw in salads.
The pollen is used in soups and bread.
The bruised young roots boiled in water give a sweet syrup.
The seeds can be eaten.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. They keep growing from year to year. They grow 3.5 m tall. The roots or rhizomes are tough and scaly brown. The stems are rounded and soft. They are not branched. The flowers are in spikes near the stem tips. Each flower has several stalks in clusters. The clusters are up to 1 cm long. They are flat and have overlapping scales. The seeds are hard and flat. They are 5 mm long.

HABITAT

It is a temperate plant. It is best in partly shaded areas. It needs moist soil.

PRODUCTION

Cultivation

It can be grown from seed.

REFERENCES

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 1. p 393

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 90

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