PLANT FACT SHEET

Schoenoplectus pungens (Vahl) Palla

GENUS *Schoenoplectus* **FAMILY** Cyperaceae

COMMON NAMES Threesquare bulrush

EDIBLE PARTS AND USES

The seeds are parched and ground into flour and used in porridge.

DESCRIPTION

A herb. It keeps growing from year to year.

HABITAT

It is a temperate plant. It grows from sea level to 1,400 m above sea level.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 523 (As Scirpus pungens)

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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/6f2fff26-a71a-4f61-aa1f-8fc256b06d49