PLANT FACT SHEET

Juncus maritimus Lam.

GENUS *Juncus* **FAMILY** Juncaceae

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are mixed with Lavatera cretica (Malva multiflora) to make a vegetable dish.

DESCRIPTION

A rush. It is a herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/82ab9b5d-74c9-4044-82c6-2dd6bffa6172