PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Triglochin maritima L.

GENUS *Triglochin* **FAMILY** Juncaginaceae

COMMON NAMES Seaside arrowgrass

EDIBLE PARTS AND USES

Edible parts: Tubers, Root, Seeds, Leaves, Seeds - coffee

The tubers are eaten after roasting.
The young white leaves are cooked and eaten.
The seeds are used as food after parching or roasting.
Caution: It can contain hydrocyanic acid. This can be removed by cooking.

DESCRIPTION

A herb. It keeps growing from year to year. There are small tubers underground. It has a stout underground stem or rhizome. The leaves are narrow and thick. There are about 7 leaves that are 30 cm long by 1-4 mm wide. The flowers are greenish. They are 2-3 mm across. The fruit are 3-4 mm across.

HABITAT

It is a temperate plant. It grows in marshes below 5,200 m above sea level in China. It can grow in brackish or salty wet soils. In Sichuan and Yunnan.

NOTES

There are about 15 Triglochin species. They grow in marshes in temperate regions.

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