PLANT FACT SHEET

Equisetum fluviatile L.

GENUS *Equisetum* **FAMILY** Equisetaceae

COMMON NAMES Swamp horsetail, Joint grass, Scrub grass

EDIBLE PARTS AND USES

Edible parts: Root, Stem, Shoots

CAUTION:
The starch from the root tubers is eaten.
The young tips are boiled and fried and eaten.

DESCRIPTION

A large herb. It has creeping rhizomes. They are hollow in the centre. It grows 40-60 cm tall.

HABITAT

It is a temperate plant. It grows along river valleys and on the edge of streams. In north China it grows between 500-3,000 m above sea level.

NOTES

There are about 25 Equisetum species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/84c74417-5d47-498d-81c0-1f4fb78eaa85