PLANT FACT SHEET

Schoenoplectus americanus (Pers.) Volkart

GENUS *Schoenoplectus* **FAMILY** Cyperaceae

COMMON NAMES American bulrush

EDIBLE PARTS AND USES

Edible parts: Pollen, Root, Seeds, Stem

The roots and tender shoots are used as food. The roots are eaten raw, boiled, baked or roasted. They are also pounded into flour.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks.

HABITAT

It is a temperate plant. It grows in salt marshes and mud flats.

NOTES

There are about 60 Schoenoplectus species.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 75

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 522 (As Scirpus americanus)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Scirpus americanus)

Simpson, D. A. & Inglis, C. A., 2001, Cyperaceae of Economic, Ethnobotanical and Horticultural Importance: A checklist. Kew Bulletin Vol. 56, No. 2 (2001), p. 330 (As Scirpus americanus)

Syn. pl. 1:68. 1805 (As Scirpus americanus)

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona (As Scirpus americanus)

Ugalde, P. C., et al, 2020, 13,000 years of sociocultural plant use in the Atacama Desert of northern Chile. Vegetation History and Archaeobotany. Springer

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/8e923f77-27e8-47b9-8010-8937013f57fe