PLANT FACT SHEET

Carex arenaria L.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Sand sedge

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

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

HABITAT

It grows in coastal sandy areas. It suits river banks. It needs moist sandy soil in an open sunny position.

PRODUCTION

Cultivation

Plants can be grown by seeds or division of the rhizome.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America.

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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/90ccd210-094f-40cc-8d9f-f03d58f681fe