PLANT FACT SHEET

Cynodon dactylon (L.) Pers.

GENUS *Cynodon* **FAMILY** Poaceae

COMMON NAMES Couch

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Stem, Seeds, Grain, Root, Cereal, Rhizome

The tender leaves are edible cooked. They are used in chutney. They are also crushed and the juice used to make a drink. The rhizomes or underground stems are eaten raw as a snack and also ground into flour to make bread. They are dried and used as a spice.
The leaves and stems are cooked in curries.
Plants can have cyanide so should be cooked.

DESCRIPTION

A grass with stems which lie over and are creeping. It has slender scaly rhizomes or underground stems as well as stolons or runners. They branch and root at the nodes. It grows 5-15 cm high and can spread very widely. There are hairs in two rows on opposite sides of the stem. Erect short flowering branches are usually less than 20 cm high. The leaves are about 1.5 to 3 cm long. The flower spikes are 5 cm long, spreading and green or purple. They spread out like fingers on a hand. The small flower spikes are overlapping and about 1.5 mm long.

HABITAT

It grows in warm temperate and tropical places. They are found in lawns and in waste places throughout the Philippines. It is a weed of crops in many countries. It grows better on fertile soils. It grows in wetlands. It can grow in arid places. It suits hardiness zones 8-12. Tasmanian Herbarium. In Sichuan and Yunnan.

PRODUCTION

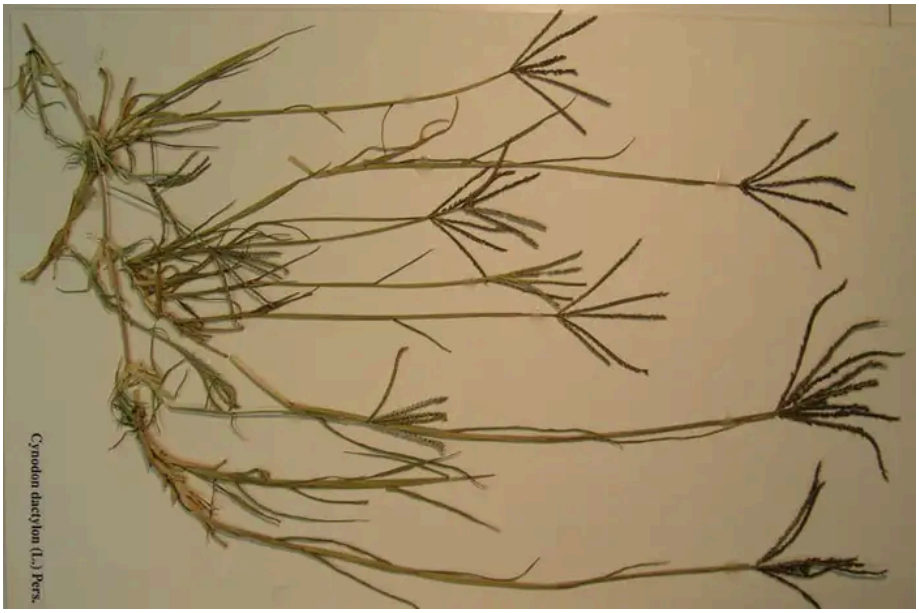
Cultivation

Plants grow from sections of the creeping stems.

NOTES

There are 8-10 Cynodon species. They are in the tropics. It is commonly used as a lawn grass in the tropics.

PICTURES



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