PLANT FACT SHEET

Eriochloa aristata Vasey

GENUS *Eriochloa* **FAMILY** Poaceae

COMMON NAMES Bearded cupgrass

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are parched, ground and the flour used in cooking. The flour can also be eaten dry.

DESCRIPTION

A grass. It grows 1 m tall. The leaves are 20 cm long.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 220

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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/948ced05-48d2-4de1-9cab-fccd6bd388de