PLANT FACT SHEET

Cyperus dilatatus Schumach. & Thonn.

GENUS *Cyperus* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Rhizome

The rhizome or underground stem is eaten raw.

DESCRIPTION

A sedge or grass like plant. It keeps growing from year to year. It grows 40-70 cm tall. The base of the stems is swollen. It has long slender runners. The leaves are narrow and flat and 15-32 cm long by 4-10 mm wide.

HABITAT

It is a tropical plant. It grows up to 1,150 m above sea level. It grows in swamps and wet locations.

NOTES

Medicine.

REFERENCES

Hahn, K., et al, 2018, The use of wild plants for food: a national scale analysis for Burkina Faso (West Africa). FVSS FoodPlants Supplement

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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/96379fe4-d9f1-4e2b-9ce9-028008dba0d4