PLANT FACT SHEET

# *Juncus procerus* E. Mey.

**GENUS** *Juncus* **FAMILY** Juncaceae

## EDIBLE PARTS AND USES

**Edible parts:** Seeds

The seeds are eaten cooked.

## DESCRIPTION

A rush.

## HABITAT

It is a temperate plant.

## REFERENCES


Leon-Lobos, P., et al, 2022, Patterns of Traditional and Modern Uses of Wild Edible Native Plants of Chile: Challenges and Future Perspectives. Plants (Basel) v 11 (6) Table S1

Rapoport, E. H. & Ladio, A. H., 1999, Plantas comestibles. Bosque Volume 20 No. 2. ISSN 0314-8799



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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/96e2cde0-0898-4c09-aecb-a90b117bea9b