PLANT FACT SHEET

Scleria biflora Roxb.

GENUS *Scleria* **FAMILY** Cyperaceae

COMMON NAMES Eelat

EDIBLE PARTS AND USES

Edible parts: Plant

The young plants are eaten with rice either raw or steamed.

DESCRIPTION

A grassy looking annual sedge. The stems are triangle shaped in cross section. It grows 30-60 cm high. The leaves are on the stems. There is a 3 angled tube shaped sheath. The leaves are 3-5 mm wide. The flowering shoots have 2 or 3 branches with many spikelets.

HABITAT

A tropical plant. They grow in rice fields and in swampy soils. It suits moist shady places. It can grow from sea level to 2,040 m above sea level. In Yunnan.

NOTES

There are about 220 Scleria species. There are 60 Scleria species in tropical America.

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 560
Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 114

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9834883d-e5a6-4f54-9ada-3b6d96890aed