PLANT FACT SHEET

Juncus acutus L.

GENUS *Juncus* **FAMILY** Juncaceae

COMMON NAMES Sharp rush

EDIBLE PARTS AND USES

Edible parts: Buds, Rhizome, Root, Seeds - tea, Shoots

The young buds are eaten boiled.
The seeds are used with tea.

DESCRIPTION

A sedge or rush. It keeps growing from year to year. It grows 1.5 m tall.

HABITAT

It is a temperate plant. It grows on sandy sea shores. It can grow in salty soils. It is best in moist soil. It can grow near water.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 200 Juncus species.

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