PLANT FACT SHEET

Carex rostrata Stokes

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Bearded sedge, Beaked sedge

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. The rhizome has long stout stolons or runners. The stems are 40-100 cm tall. They are 3 sided. The leaves are grey-green and 2-5 mm wide. They are flat and stiff. There are 3-6 flowering spikes. The seeds are brown and have a loose covering. They are 3 sided and 1.5 mm long.

HABITAT

It is a temperate plant. It grows in swamps and meadows in high mountain regions in north China at about 2,400 m above sea level.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a126d770-e5b0-4cc7-83f0-29cb817a5cbb