PLANT FACT SHEET

Juncus effusus L.

GENUS *Juncus* **FAMILY** Juncaceae

COMMON NAMES Soft rush, Bog rush, Goza-grass, Japanese mat rush

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Flowers, Plant - tea

The young shoots are eaten raw.

DESCRIPTION

A rush which forms tufts or clumps. The stems are rigid and smooth but twisted. It has green spikes up to 1 m tall. It spreads 75 cm wide. The leaves are soft tipped and most leaves are near the base. The flower spikes are brown.

HABITAT

It is a temperate plant. It grows in damp habitats and in marshes and near pools and streams. It will grow in water 8-13 cm deep. It suits hardiness zones 6-9. Tasmanian Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown by division of the rhizome. They can be grown from seed but they are very small.

NOTES

There are about 300 Juncus species. The stems are woven into floor mats.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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