PLANT FACT SHEET

Equisetum hyemale L.

GENUS *Equisetum* **FAMILY** Equisetaceae

COMMON NAMES Dutch rush, Horsetail rush, Rough horsetail, Scouring rush, Shave grass

EDIBLE PARTS AND USES

Edible parts: Root, Stem, Leaves - drink

CAUTION: It should not be used in large amounts nor used for long periods of time.
The leaves are boiled to make a drink.
The stalk tops are dried then mashed and mixed with other foods.
The dried rootstocks are used as a famine food.

DESCRIPTION

An evergreen rush. It grows 1.2 m high. The stems are hollow and do not have leaves. They have 14-40 ridges along them. There are cones at the tips. These are 1-2 cm long. These are pointed.

HABITAT

It is a temperate plant. It grows in cool climates. It grows in moist soil and up to 20 cm of water. In N China it grows along the banks of streams between 100-3,000 m above sea level. It suits hardiness zones 3-10.

PRODUCTION

Cultivation

It can be grown by dividing the underground stem or rhizome. It can be grown by spores but this is difficult.

NOTES

There are about 25 Equisetum species. It can spread and become a problem. It is used in medicine.

REFERENCES

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 203

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 544

Ding, X., 2021, Collection calendar: the diversity and local knowledge of wild edible plants used by Chenthang Sherpa people to treat seasonal food shortages in Tibet, China. Journal of Ethnobiology and Ethnomedicine 17:40

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 292

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 93

Kuhnlein, H. V. and Turner, N. J., 1991, Traditional Plant Foods of Canadian Indigenous Peoples. Food and Nutrition in History and Anthropology Volume 8. Gordon and Breach. p 30

MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 388

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 214

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 94

Sp. pl. 2:1062. 1753

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 38

Williams, D., 2017, Ainu Ethnobiology. Contributions in Ethnobiology. Society of Ethnobiology. p 127

www.eFloras.org Flora of China

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a351e246-cf05-42ee-9285-b0c9f30585ce