PLANT FACT SHEET

Cyperus usitatus Burch.

GENUS *Cyperus* **FAMILY** Cyperaceae

COMMON NAMES Boesman uintjie

EDIBLE PARTS AND USES

Edible parts: Bulb, Tuber, Root

The bulb is eaten raw. It is also cooked and eaten. It is used in soups and vegetable dishes. The bulbs are bitter unless cooked.

DESCRIPTION

A herb or sedge. It keeps growing from year to year. It has runners. It grows 45 cm high. The stalks are 10-30 cm long and 5-12 mm wide and triangle shaped. The leaf blades are 5-20 cm long by 2-6 mm wide. They are flat and rather thick. The bulbs are 6-10 mm across. They have a few thin scaled. The flowers are in crowded spikes.

HABITAT

It is a subtropical plant. It grows in hot arid areas with a marked dry season. It can be in shallow, sandy and seasonally waterlogged soils. It grows between 900-2,225 m above sea level. It can grow in arid places.

REFERENCES

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 179

Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 65

Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121

Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 15

Peters and Maguire, 1981,

Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 16th April 2011]

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 51

Simpson, D. A. & Inglis, C. A., 2001, Cyperaceae of Economic, Ethnobotanical and Horticultural Importance: A checklist. Kew Bulletin Vol. 56, No. 2 (2001), pp. 257-360

Sina, B. & Degu, H. D., 2015, Knowledge and use of Wild Edible Plants in the Hula District of the Sidama Zone. International Journal of Bio-resource and Stress Management 6(3):352-365

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Youngblood, D., 2004, Identification and Quantification of Edible Plant Foods in the Upper (Nama) Karoo, South Africa. Economic Botany 58 (Supplement) :S43-S65

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/a46f2f55-06bc-4704-a9a7-3cd440db456d