PLANT FACT SHEET

Eriophorum gracile Roth.

GENUS *Eriophorum* **FAMILY** Cyperaceae

COMMON NAMES Cotton grass

EDIBLE PARTS AND USES

Edible parts: Root, Stem

The rootstock is eaten raw or cooked.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks.

HABITAT

It is a temperate plant.

REFERENCES

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 41

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

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a5729df3-c1d1-44aa-9d31-4ebad750d418