PLANT FACT SHEET

Juncus kraussii Hochst.

GENUS *Juncus* **FAMILY** Juncaceae

EDIBLE PARTS AND USES

Edible parts: Stems, Root

The bottom end of the stems is eaten as a snack.

DESCRIPTION

A rush.

HABITAT

It is a subtropical plant.

REFERENCES

De Vynk, J. C., et al, 2016, Indigenous edible plant use by contemporary Khoe-San descendants of South Africa's Cape South Coast. South African Journal of Botany. 102 (2016) 60-69

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 69

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

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/ace0574c-ec2c-4429-905c-97164dec4a16