PLANT FACT SHEET

Schoenoplectus tabernaemontani (C. C. Gmel.) Palla

GENUS *Schoenoplectus* **FAMILY** Cyperaceae

COMMON NAMES River club-rush, Soft-stemmed bulrush

EDIBLE PARTS AND USES

Edible parts: Shoots, Stalks, Rhizomes, Tuber, Root

The rhizomes are eaten. They are roasted and pounded to extract a small amount of starch.
The small white newly emerged shoots are edible.
The sweet tubers/bulbs are eaten raw.
The stem bases are used for food. They should be cooked.
The fresh raw stems are used for food.

DESCRIPTION

An erect rush. It has underground stems or rhizomes. It forms dense grey-green stands. It keeps growing from year to year. They can be 0.5-1.5 m high. The flower stems can be 3 m high. The leaves are reduce and form sheaths around the stem. The stems are almost round. They are 12 mm across. They have a spongy pith. The flowering shoot is at the top. It becomes open. There are several spikelets about 1 cm long by 0.5 cm wide. There are chaffy bracts underneath them. These are shorter than the flowering shoots. The nut is flattened and about 2 mm long.

HABITAT

It is a temperate plant. It grows on the edges of ponds and deep water. In Argentina it grows from sea level to 700 m above sea level. Tasmanian Herbarium.

NOTES

There are about 60 Schoenoplectus species. Several are now included in Schoenoplectus tabernaemontani.

PICTURES



Credit: Food Plants International (Bruce French)



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