PLANT FACT SHEET

Carex acutiformis Ehrh.

GENUS *Carex* **FAMILY** Cyperaceae

COMMON NAMES Swamp sedge

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It develops stolons or runners. The stems are 60-120 cm high. The stems are sharply triangle shaped. They are rough along the edges. The leaves are as long as the stems. The leaf sheaths are 15 cm long. The leaf blades are 4-6 mm wide and can be flat or have their edges rolled under. Bracts extend over the flowering head. The male flower spikes are 20-40 mm long and the female spikes are 25-60 mm long. The nut is about 2 mm long by 1 mm wide.

HABITAT

It is a temperate plant. It grows in swamp areas and wet grasslands. In Pakistan it grows between 100-2,200 m altitude.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America.

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