



PLANT FACT SHEET

Secale cereale L.

GENUS *Secale* FAMILY Poaceae

COMMON NAMES Rye

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal, Sprouts, Seeds - coffee

The seeds are used for flour. It does not have enough gluten to make bread that will rise well. Rye flour is the substrate of the leaven for sourdough bread. The flour can be used for pasta.

They are also used for making whiskey.

The seeds are used for breakfast cereals and the flour in bread. Sprouted seeds are used in salads.

Roasted grains are used as a coffee substitute.

CAUTION: It can get infected with a fungus called eergot which is poisonous.

DESCRIPTION

An annual plant. It is a cereal grass. It grows to 60-200 cm high. It spreads to 30 cm across. It produces tufts. The stem is erect and bluish green. The leaves are rough and narrow. They are 30 cm long and 8 mm wide. The leaves are smooth on the lower surface. The flowers are dense, slender spikelets. They are 20 cm long. The spikelets are 2-flowered and strongly awned.

HABITAT

A temperate plant. It needs an open sunny position. It is resistant to frost but damaged by drought. It produces well in areas with cold winters and hot dry summers. It has value in cold places. It can grow in poorer soils. It germinates at 4-5°C. Seedlings can endure frost. The average temperature should not exceed 20°C when grain is being produced.

PRODUCTION

Cultivation

Plants are grown from seed. It is mostly wind pollinated.

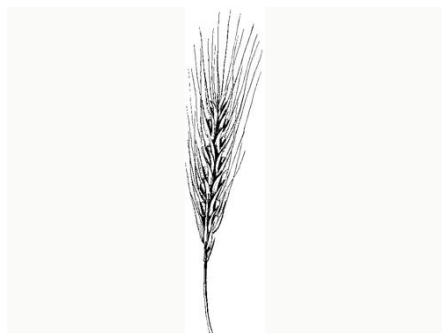
NOTES

There are 6-8 *Secale* species.

PICTURES



Credit: Food Plants International (Bruce French)



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