PLANT FACT SHEET

Gahnia aspera (R. Br.) Sprengel

GENUS *Gahnia* **FAMILY** Cyperaceae

COMMON NAMES Red-fruit Saw-sedge, Saw-leaf sedge

EDIBLE PARTS AND USES

Edible parts: leaves, Seeds

The seeds are crushed and used for flour.

DESCRIPTION

A tufted sedge. It forms clumps and keeps growing from year to year. It grows 0.5-1 m high and spreads 0.5-1.5 m wide. The stems are slender. The leaves are 80 cm long and narrow. They are rough on the underside and have a channel on top. The flowering stalk is long and erect. The seed heads are in dense spikes at the ends of the stalks. It has dark brown seed heads. The seeds turn orange as they ripen and remain attached on a thread for a time. The nut is about 0.5 cm across. These seeds are edible.

HABITAT

It is a tropical plant. It grows along creek banks. It needs moist soils. The plants are tolerant to frost. It also grows in coastal rocky areas.

PRODUCTION

Cultivation

Plants grow from seeds. Seeds are hard to germinate. Plants can also be grown by dividing the clump but this also is not easy.

NOTES

There are about 30-40 Gahnia species.

PICTURES



Credit: Food Plants International (Bruce French)

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