PLANT FACT SHEET

Typha latifolia Linn.

GENUS *Typha* **FAMILY** Typhaceae

COMMON NAMES Bulrush, Greater reedmace

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Seeds, Root, Rhizome, Stems, Flowers, Pollen

The root is peeled, then dried in the sun and ground into flour before cooking. It can be used for breads, cookies, biscuits and muffins.
The young white shoots near the root are cut off, washed, boiled then eaten with oil and salt. They can be made into pickles.
The seeds are eaten on the Deccan in India.
The young green flower spikes are boiled and eaten like corn on the cob. They are eaten with butter. They can be scraped from the cob and baked in a casserole.
The pollen can be mixed with wheat flour in pancakes and muffin recipes.

DESCRIPTION

A herb. It is a reed which grows in water. They spread by underground rhizomes. The leaves are bluish-green and like straps. They can be 2-2.5 m long and 2.5 cm wide. The flower heads form a compact cylinder. This is 15-23 cm long and 2.5 cm across. The upper part is male and yellow. The lower part is female and stays dark brown. These are not separated. The seeds have hairs attached to them.

HABITAT

It grows in tropical and temperate places. Deccan. It grows in swamps. It needs rich silty soils and an open, sunny position. It is hardy to frost. It grows between sea level and 1,950 m above sea level. It can grow in salty soils. It grows in wetlands. It can grow in arid places. Tasmanian Herbarium. in Sichuan and Yunnan.

PRODUCTION

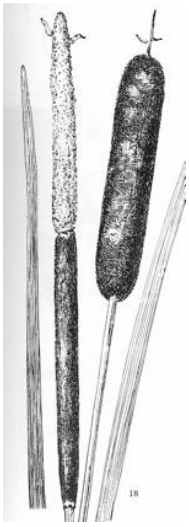
Cultivation

Plants can be grown by division. It can also be grown by seed.

NOTES

Chemical composition (root): Protein - 6%. Fat = 0.29%. Carbohydrate = 17.5% (including 15.4% starch). Ash = 2.54%. There are 10 Typha species.

PICTURES



Credit: Food Plants International (Bruce French)

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