PLANT FACT SHEET

Carex nubigena D. Don ex Tilloch & Taylor

GENUS *Carex* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Root, Seeds

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It grows 7-45 cm high. It has a short underground stem or rhizome and the plant keeps growing from year to year. The stems are about 1 mm across and triangle shaped. The leaves are about as long as the stems. The blades can be 2 mm wide. The male and female flower parts are in 3-10 spikes in heads up to 4 cm long. The nut is about 1.5 mm long by 8 mm wide.

HABITAT

It grows in temperate and tropical regions. In Pakistan it grows on grassy slopes and in forested areas. In southern China it grows along streamsides and on the edges of forests in wet places between 1,300-3,700 m above sea level.

NOTES

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

REFERENCES

Philos. Mag. J. 62:455. 1823 (D. Don, Trans. Linn. Soc. London 14:326. 1825)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c0bf2c1b-93f9-499e-ac17-d788d1b4b922