PLANT FACT SHEET

Cyperus bulbosus J. Vahl

GENUS *Cyperus* **FAMILY** Cyperaceae

COMMON NAMES Bush onions, Nut grass, Onion grass

EDIBLE PARTS AND USES

Edible parts: Bulb, Tubers, Root

The husk is removed and the bulb is eaten raw or roasted.
The bulbs are also dried and ground and added to flour.

DESCRIPTION

A sedge. These grow in clumps and have grass like leaves and solid stalks. It is a herb. It grows 10-40 cm high. The rhizomes are slender. They produce brown to black tubers are the tips. The leaves are 10-20 cm long by 0.2-0.3 cm wide. They are flat and erect. They are shiny green. The culms are 20-40 cm tall. The spikelets are 1-3 cm long.

HABITAT

A tropical plant. It grows in tropical regions. In Australia it is inland near salt lakes. It grows in dry regions and seasonally wet grasslands. It grows in areas with an annual rainfall of about 300 mm. In East Africa it grows from 300-2,400 m altitude. It can grow in arid places. It can grow on coastal sand dunes.

PRODUCTION

Cultivation

Plants can be grown by division or tubers. They can aso be grown from seed.

NOTES

Chemical composition (after Paton & Dunlop) (grams per 100g): Protein = 2.27g. Fat = 0.58g. Carbohydrate (soluble) = 82.46g. Fibre = 1.51g. Ash = 1.58g. Water = 11.60g. Calories = 353. There are 550 Cyperus species.

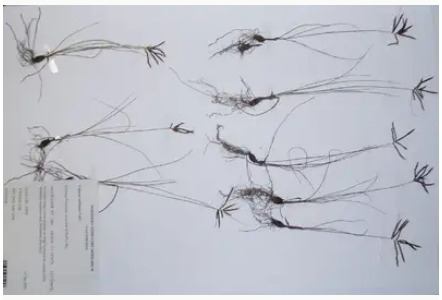
PICTURES



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