PLANT FACT SHEET

Glyceria fluitans (L.) R.Br.

GENUS *Glyceria* **FAMILY** Poaceae

COMMON NAMES Floating manna grass, Manna grass

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are used in porridge and soups. They should be soaked until they are swollen then baked or boiled. The flour can be used for bread.
The seeds are also chewed.

DESCRIPTION

An erect grass. It has rhizomes and keeps growing from year to year. It has stems that creep underwater. The flowering stems are upright.

HABITAT

A temperate plant. It grows in northern temperate regions. Tasmanian Herbarium.

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