PLANT FACT SHEET

Carex disticha Huds.

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.

HABITAT

It is a cool temperate plant. It grows in damp meadows and grasslands.

NOTES

There are about 2000 Carex species. There are 200 species in tropical America. It is used in medicine.

REFERENCES

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

Simpson, D. A. & Inglis, C. A., 2001, Cyperaceae of Economic, Ethnobotanical and Horticultural Importance: A checklist. Kew Bulletin Vol. 56, No. 2 (2001), pp. 257-360

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c4dfa148-3500-472f-9426-15c35d028a69