PLANT FACT SHEET

Courtoisina assimilis (Steud.) P. Marquet

GENUS *Courtoisina* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Rhizomes, Root, Culms, Leaves

The rhizomes are eaten cooked or uncooked as a vegetable.
The culms are cooked and eaten as a vegetable.
The leaves are used as a herb.

DESCRIPTION

A sedge.

HABITAT

It is a tropical plant. It grows in seasonally wet areas and along roadsides.

REFERENCES

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c78eaa38-ddb8-4642-a92e-4f59233ec8dd