PLANT FACT SHEET

Eleocharis geniculata (L.) Roem. & Schult.

GENUS *Eleocharis* **FAMILY** Cyperaceae

COMMON NAMES Watergrass, Caribbean spike-rush

EDIBLE PARTS AND USES

Edible parts: Root, leaves

DESCRIPTION

A rush. It forms dense tufts. It grows 10-60 cm tall. The flowering stems have 5 small flowers.

HABITAT

It is a tropical plant. It grows in wet areas and swamps. It can grow in arid places.

REFERENCES

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Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cb59dbf1-982d-4fdc-bfc9-6def73b23511