PLANT FACT SHEET

Juncus balticus Willd.

GENUS *Juncus* **FAMILY** Juncaceae

COMMON NAMES Baltic rush

EDIBLE PARTS AND USES

Edible parts: Seeds, Stems - drink

The sugar formed along the top of the plant is gathered and eaten.
The stems are used to make a fermented drink.

DESCRIPTION

A rush or grass like herb. It grows 1 m tall. The fruit is a capsule with 3 seeds.

HABITAT

It is a temperate plant. It grows in salt marches. It suits USDA hardiness zones 3-7.

NOTES

There are about 225-300 Juncus species. There are 41 in tropical America. Juncaceae are rush or grass like herbs. They grow mostly in temperate and cold temperate locations. Rushes are mostly found in moist places.

REFERENCES

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http://www.scs.leeds.ac.uk/pfaf/

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cc8df730-bffe-4bb6-92d5-92c295f2c007