PLANT FACT SHEET

Carex macrocephala Willd. ex Spreng.

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 grows in sandy coastal areas.

NOTES

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

REFERENCES

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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/cd3d9369-ebcf-45bd-a085-e384b8bc1e3d