PLANT FACT SHEET

Triglochin palustris L.

GENUS *Triglochin* **FAMILY** Juncaginaceae

COMMON NAMES Marsh arrow grass, Slender arrow-grass

EDIBLE PARTS AND USES

Edible parts: Seeds, Stem, Tubers, Root

The tubers are roasted and eaten.

DESCRIPTION

A delicate herb. It has a bulb like rootstock. It keeps growing from year to year. The branches are short and thread like and come from the bulb. The leaves are 20 cm long by 1 mm wide. The flowers are loosely arranged. The fruit are 6-7 mm long by 1.5 mm wide.

HABITAT

It is a temperate pant. It grows in limestone and boggy places. In Pakistan it grows in fresh water locations in mountainous regions. In Argentina it grows from sea level to 3,900 m above sea level.

NOTES

There are about 15 Triglochin species. They grow in marshes in temperate regions.

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