PLANT FACT SHEET

Triticum turgidum L.

GENUS *Triticum* **FAMILY** Poaceae

COMMON NAMES Rivet wheat, Poulard wheat

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are used along with wheat to make pastas, puffed cereals, biscuits and bread. It can also be used for macaroni, spaghetti and vermicelli.

DESCRIPTION

A cereal. It is a grass, like wheat. It grows 60-180 cm tall. The leaf blade can be erect or nodding. The seeds or kernels are about 3 times the size of ordinary wheat.

HABITAT

It is a temperate plant. In Sichuan and Yunnan.

NOTES

It has good quantities of folic acid and iron. It is low in gluten.

PICTURES



Credit: Food Plants International (Bruce French)

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