PLANT FACT SHEET

# *Urochloa panicoides* P. Beauvois

**GENUS** *Urochloa* **FAMILY** Poaceae

**COMMON NAMES** Urochloa grass, Kuri millet, Liverseed grass

## EDIBLE PARTS AND USES

**Edible parts:** Seeds, Cereal

The seeds are ground into flour and then mixed with maize or beans before making bread.
The seeds are sun dried then crushed and winnowed before being cooked with salt and eaten with beans.

## DESCRIPTION

An annual millet grass. It forms loose tufts. It is 20-80 cm tall. The leaf sheaths are loose. The blades are sword shaped and 5-15 cm long by 0.5-1.5 cm wide.

## HABITAT

It grows in warm temperate places. It grows in moist grasslands and lake sides. In Africa in grows between sea level and 1,600 m above sea level. In Argentina it grows between 300-700 m above sea level. In Sichuan and Yunnan.

## NOTES

There are 12 Urochloa species. Chemical composition (per grams/100g): Protein = 10.50g. Fat = 4.0g. Carbohydrate (soluble) = 42.11g. Fibre = 17.02g. Ash = 16g. Water = 8.82g. Calories = 258.

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