PLANT FACT SHEET

Aristida setacea Retz.

GENUS *Aristida* **FAMILY** Poaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are collected, cleaned and cooked then eaten.
Caution: They can cause stomach upsets in some people.

DESCRIPTION

A grass. It keeps growing from year to year. It grows in clumps. The stalks are erect and 50-120 cm tall. The leaf blades are 20-40 cm long by 2 mm wide. The flowers are in a branched group 15-40 cm long.

HABITAT

It is a tropical plant.

REFERENCES

Tamil herbs, 2007, Edible Plants of the Tropical Dry Evergreen Forest.

PROVIDED BY **Food Plants International**

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/dcd380de-54bd-4d02-88ca-f78a5cf4bc3c