PLANT FACT SHEET

Avena fatua L.

GENUS *Avena* **FAMILY** Poaceae

COMMON NAMES Wild oats

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The grain is used for bread. They are dried, smashed and fried.

DESCRIPTION

A stout, erect annual grass. It grows 1.2 m high. The stems are robust. The sheaths of the basal leaves are hairy. The leaves are flat and 45 cm long by 15 mm wide. The flowers are in heads up to 40 cm long. They are open and nodding. The awn is long (2.5-5 cm) and bent in the middle. The lower half is dark brown in each floret. The seed has a dense covering of hairs.

HABITAT

It is a temperate plant. It grows in pasture land. It grows in high altitudes and in winter crops in the tropics. It normally grows where rainfall is 375-750 mm per year. It will grow in a wide range of soils and can tolerate alkaline and acid soils. It will grow with a pH down to 4.5. In Argentina it grows from sea level to 2,000 m above sea level. Tasmanian Herbarium. It grows in Sichuan.

PRODUCTION

Cultivation

The seed is very long lived.

Harvesting and Seed Production

The grain is shed early making it hard to harvest.

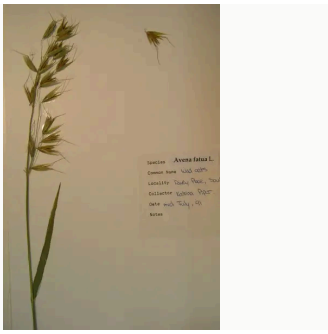
NOTES

It can become a serious weed in temperate cereal crops. There are about 25 Avena species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 63

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 83

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 49

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 233

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 26

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 138

Curtis, W.M., & Morris, D.I., 1994, The Student's Flora of Tasmania. Part 4B St David's Park Publishing, Tasmania, p 237

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 44

Geng, Y., et al, 2016, Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province. Journal of Ethnobiology and Ethnomedicine. 12:10

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 115

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 86

Holden, J.H.W., 1979, Oats, in Simmonds N.W.,(ed), Crop Plant Evolution. Longmans. London. p 86

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 283 (Var. glabrata)

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 42

Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310

Jia, X., et al, 2022, Ethnobotany of wild edible plants in multiethnic areas of the Gansu–Ningxia–Inner Mongolia junction zone. Journal of Ethnobiology and Ethnomedicine 18:53

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 142

Lamp, C & Collet F., 1989, Field Guide to Weeds in Australia. Inkata Press. p 31

Lamp, C.A., Forbes, S.J. and Cade, J.W., 1990, Grasses of Temperate Australia. Inkata Press. p 88

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 29

Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 88

Malezas Comestibles del Cono Sur, INTA, 2009, Buernos Aires

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 146

Murugan, Pal M., et al, 2010, Phytofoods of Nubra valley, Ladakh - The cold desert. Indian Journal of Traditional Knowledge. Vol. 9(2): 303-308

Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 98

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 54

Sitpayeva, G. T., et al, 2020, Crop wild relatives of Kazakhstani Tien Shan: Flora, vegetation, resources. Plant Diversity 42 (2020) 19-32

Sp. pl. 1:80. 1753

Tasmanian Herbarium Vascular Plants list p 82

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 43

Vernon, R., 1983, Field Guide to Important Arable Weeds of Zambia. Dept of Agriculture, Chilanga, Zambia. p 106

Wang, J. et al, 2013, A Study on the Utilization of Wild Plants for Food in Liangshan Yi Autonomous Prefecture. Plant Diversity and Resources. 35(4): 416-471

Waheed, M., et al, 2023, Traditional Wild Food Plants Gathered by Ethnic Groups Living in Semi-Arid Region of Punjab, Pakistan. Biology 2023, 12, 269.

Wild edible plants of Himachal Pradesh

Yanovsky, E., 1936, Food Plants of the North American Indians. United States Department of Agriculture Miscellaneous Publication No 237. Washington, D.C.

Zizka, G., 1991, Flowering Plants of Easter Island. Palmarum Hortus Francofurtensis

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e103bcaa-d257-4247-a94b-f7a29a1cd0b7