PLANT FACT SHEET

Muhlenbergia rigens (Benth.) A. S. Hitchc.

GENUS *Muhlenbergia* **FAMILY** Poaceae

COMMON NAMES Deer Grass

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are ground and mixed with cornmeal and made into a porridge.
They are also ground into flour to make bread.

DESCRIPTION

A grass.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 350

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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/e2348ebb-668d-49c3-9cd0-ead2195f9f90