PLANT FACT SHEET

Briza maxima L.

GENUS *Briza* **FAMILY** Poaceae

COMMON NAMES Giant quaking grass

EDIBLE PARTS AND USES

Edible parts: Seeds - spice

The seeds are crushed and cooked and used in porridge and bread.
The young flowering spikes are eaten raw as a snack.

DESCRIPTION

An annual grass. It grows 60 cm high. The flowering stalk usually has 3-8 large spikelets. They droop at the tip.

HABITAT

It is a temperate plant. In Zimbabawe it grows between 1,600-1,710 m above sea level.

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

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an ananalysis of traditional knowledge. Genetic Resources and Crop Evolution 58:991-1006

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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/e2dbf691-0281-4597-af60-93846a15fd15