PLANT FACT SHEET

# *Cyperus erythrorhizos* Muhl.

**GENUS** *Cyperus* **FAMILY** Cyperaceae

**COMMON NAMES** Red Rooted Cyperus, Redroot flat-sedge

## EDIBLE PARTS AND USES

**Edible parts:** Seeds, leaves, Root

## DESCRIPTION

A sedge. It grows each year from seed.

## HABITAT

It is a temperate plant. It grows in wet areas near ditches.

## REFERENCES


Nabhan, G. P., et al, 2022, Reviving the Arid American Diet in the Face of Climate Change: Assessing its Composition, Links to the Mesomerican Diet and Potential to Advance Indigenous Health and Diabetes Prevention. International Journal of Water Resources and Arid Environments 11(2): 81-112

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 76



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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/e5194692-db03-4c1c-91f2-ae83a7041501