PLANT FACT SHEET

Milium effusum L.

GENUS *Milium* **FAMILY** Poaceae

COMMON NAMES Wood millet, American Milletgrass, English millet-grass

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are used for making bread. They are ground into flour.
The leaves have been used to flavour tobacco.

DESCRIPTION

A millet grass which keeps growing from year to year. It forms tufts. It grows 25-30 cm high and spreads 25-30 cm wide. The leaves are light green. They are soft and arch over. They are 30 cm long. The flowers are small and in open sprays.

HABITAT

It is a temperate plant. It does best in light shade. In Pakistan it grows between 2,000-4,000 m altitude. It suits hardiness zones 5-10. In Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seed or by division of the plant.

NOTES

There are 6 Milium species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f0d8b01e-877a-40aa-b147-5a47fba6f400