PLANT FACT SHEET

Sphagnum palustre L.

GENUS *Sphagnum* **FAMILY** Sphagnaceae

COMMON NAMES Bog moss, Sphagnum

EDIBLE PARTS AND USES

Edible parts: Thallus

It is ground to flour and eaten during famines.

DESCRIPTION

A moss.

HABITAT

It is a temperate plant.

REFERENCES

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 629 (As Sphagnum obtusifolium)

Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. Journal of Applied Botany and Food Quality 88, 49-67

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fdee3fb8-58ff-488e-b271-c3209686608e