



Common names

Poaceae

Guinea grass seed,

Scientific name

Panicum maximum

Edible portion Seeds, Grains, Cereal,

Description

A grass, which keeps growing from year to year. It forms tufts. It has short underground stems or rhizomes. It can be 2-3 m tall. The leaf blades are 15-30 cm long. The flower part of the flowering head has side branches in a ring. The flowering head is open and branched. It has a central upright stem. The long thin side branches grow out from this. The flowers are small and oval and 2-3 mm long. They are on small wavy stalks.

Distribution

A tropical plant. It will grow on a range of soils but grows best on fertile soils. It is often on alluvial river flats. It can tolerate shade. It grows between 20-2,100 m above sea level. It grows in hot arid areas. It grows in areas with an annual rainfall between 300-1,500 mm. It can grow in arid places.

Found in:

Africa*, Angola, Argentina, Asia, Australia, Botswana, Brazil, Burkina Faso, Cameroon, Central Africa, Central America, China, Congo DR, East Africa, Easter Island, Eswatini, Ghana, Guadeloupe, Guiana, Guianas, Guinea, Guinée, Guinea-Bissau, Guyana, Hawaii, India, Indochina, Indonesia, Iran, Japan, Kenya, Laos, Lesotho, Lesser Antilles, Madagascar, Malawi, Malaysia, Mediterranean, Middle East, Mozambique, Namibia, Nigeria, Norfolk Island, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Puerto Rico, SE Asia, Senegal, Sierra Leone, Slovenia, Somalia, South Africa, South America, Southern Africa, Sri Lanka, St Helena, St. Kitts and Nevis, Suriname, Swaziland, Taiwan, Tanzania, Tonga, Uganda, Uruguay, USA, Venezuela, West Africa, West Indies, Zambia, Zimbabwe,

Use

The grains are roasted, dried thoroughly, and then pounded. They are then boiled and eaten salted or unsalted, and/or with a relish.

Cultivation

Production



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Nutritional Values

Panicum maximum

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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... through the strategic use of God's amazing natural resources*

