

**Common names****Bullrush millet, Pearl millet,**

Poaceae

**Scientific name*****Pennisetum glaucum*****Edible portion**

Seeds, Cereal,

**Description**

A millet grass. It is an annual grass. It grows to 3 m tall. The leaf blades are 20-100 cm long by 2-5 cm wide. The flower is dense and 40-50 cm long by 1.2-1.5 cm wide. They also vary a lot in shape and size. Plants that tiller produce smaller heads. The species varies a lot. There are 13 cultivated, 15 weed and 6 wild races of this grass. It has a cylindrical ear like a bullrush. The grains are small and round and have a shiny grey colour like pearls. There are thousands of cultivated varieties.

**Distribution**

A tropical plant. It suits regions with a short growing season. It grows in areas with less than 600 mm of rainfall. It is often in hot places. (It is replaced with sorghum between 600 and 1200 mm rainfall and then by finger millet or maize above 1200 mm rainfall.) It is important in the drier areas of India and Pakistan. It can grow in arid places.

**Found in:**

Africa\*, Algeria, Angola, Asia, Australia, Bahrain, Bangladesh, Benin, Botswana, Burkina Faso, Cameroon, Central Africa, Central African Republic, CAR, Central America, Chad, China, Congo DR, Côte d'Ivoire, East Africa, East Timor, Egypt, Eritrea, Ethiopia, Gambia, Ghana, Guinea, Guinée, Guinea-Bissau, Haiti, India, Ivory Coast, Kenya, Korea, Kuwait, Lesotho, Madagascar, Malawi, Mali, Mauritania, Mongolia, Mozambique, Myanmar, Namibia, Nepal, Niger, Nigeria, North Africa, Northeastern India, Oman, Pakistan, Sahara, Sahel, Saudi Arabia, Senegal, Sierra Leone, Slovenia, Somalia, South Africa, Southern Africa, South Sudan, Spain, St. Kitts and Nevis, Sudan, Tanzania, Timor-Leste, Togo, Uganda, USA, West Africa, Yemen, Zambia, Zimbabwe,

**Use**

The seeds are eaten like rice. They are also ground into flour and made into bread and cakes and porridge.

They are used to make alcoholic drinks. Caution: Alcohol is a cause of cancer.

They are mixed with other grains and seeds to make fermented foods.

Some kinds have sweet stalks that are chewed.

The young ears can be roasted and eaten like sweet corn.

The plant is also infested by a fungus which is eaten.

**Cultivation**

Plants are grown from seed. It is usually sown directly into the field. The plant density is adjusted to suit rainfall and soil fertility. The spacing is 45 cm apart up to 200 cm apart. It is also intercropped with other crops such as cowpea, sorghum and peanut. Crops are normally weeded 2 or 3 times.

**Production**

It takes from 75-180 days to maturity. The heads can be picked by hand or the plant removed. Some types need to be picked 2 or 3 times as heads mature.



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## Nutritional Values

### *Pennisetum glaucum*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Seeds		11.6	1442	345	10.5	0	0	6.5	1.7



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