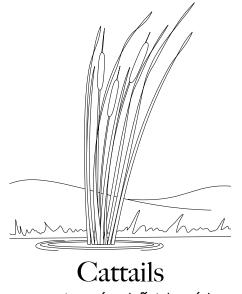
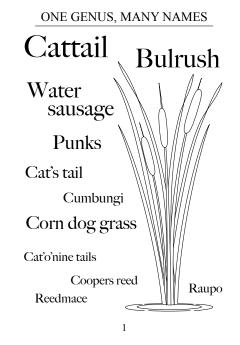


IMPORTANT HARVESTING TIP: You are what you eat, and cattails are the water they grow in. Cattails are so effective at pulling in minerals and other compounds from their surrounding water, that they've been used in bioremediation to clean water contaminated with heavy metals and other poisonous substances. So if you're going to try harvesting cattails, make sure they're growing in CLEAN water.





A pocket-sized field guide



Whether you're looking at Narrowleafed cattails, common cattails, or some hybrid between the two, these plants are some of the most useful and edible botanicals you'll ever find.

Humans have found multiple uses for every part of the cattail. They've eaten the roots, pollen, shoots, and flower stalks, and made boats, clothing, beds, paper, and rope, all from this one plant.

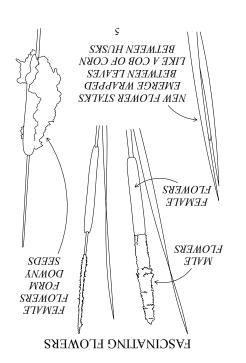
Cattails grow throughout the world, always in wetlands or marshy areas. Known by a variety of common names, they are all species of one genus: Typha.

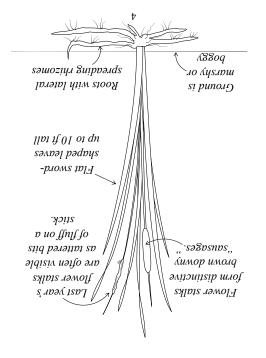
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separated by a narrow portion of the male and female flowers are southern cattail (Typha domingensis), leated cattail (Iypha angustifolia) and are joined together. In the narrow latifolia) the male and female flowers In the common cattail (Typha

produce more than 250,000 seeds. hair (down). One cattail blossom can seeds are released with tutts of long During late summer to autumn, the and are packed together tightly. flowers don't have petals or sepals female or pistilate flowers. These tiny first to emerge, followed soon by the The male or staminate flowers are





of drought. put cannot survive prolonged periods climates, from tropical to temperate, can tolerate a wide variety of in wetlands and flooded areas. They plant, meaning they grow exclusively Cattails are an obligate wetland

such as Western Blue Flag. poisonous members of the Iris family young shoots can be confused with plants are easy to recognize, the sausage on a stick. While the mature are unique, and look much like a flowering. Their cylindrical flowers Cattails are easy to identify when

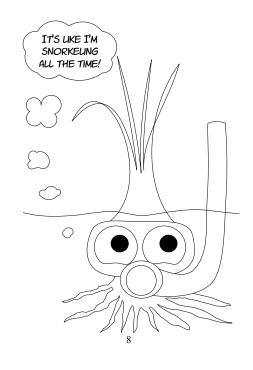
IDENTIFICATION

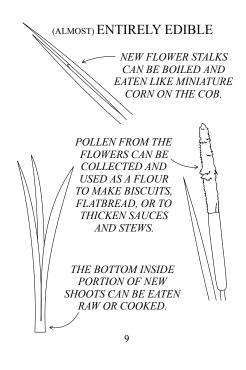
AWESOME ADAPTATION FOR GROWING IN WATER

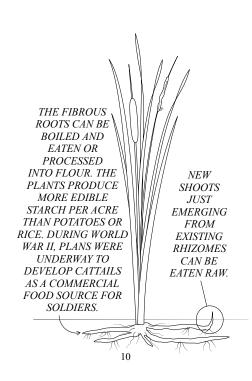
Cattails often grow in several inches of standing water, with their roots entirely submerged in.

Plant roots need oxygen to survive, without it they die. So how do cattails grow in water that is stagnant and very low in oxygen? They build tubes of spongy tissue called aerenchyma in their leaves and stems that allow oxygen to travel to the roots.

Cattails build such an effective system of aerenchyma, that even dead brown leaves are able to transport oxygen to the roots.



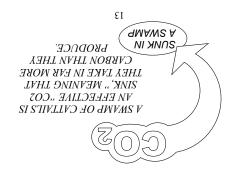




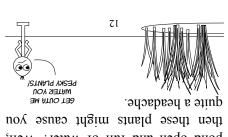
an important role in our wetlands. food. The cattail continues to play materials, clothing, tinder, and harvest the cattails for building or early European, coming to the people, whether Native American, Imagine an ancient tribe of

year's growth. checking the stalks for signs of this fluff from last year's seeds and the flowers, rubbing the downy Take a moment to investigate

edible wild plants. cattails: one of the most useful and marshy area, stop and look for The next time you walk near a







pond open and full of water? Well, But if you want to keep a shallow

help that effort. arable land, cattails will do a lot to If you want to convert a swamp to

of fuel for heat — all from one plant. have water, food, shelter and a source the woods, finding cattails means you goals of the viewer. If you are lost in depends a lot on the perspective and Whether they are a nuisance or not

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accessible. canal so that the water is no longer cattails can fill in a shallow pond or from seeds. Within a few months, both from underground rhizomes and overtake a wetland area. They spread efficiently and quickly they can problem plant because of how they are sometimes viewed as a Even in areas where they are native,

invasive species. islands, where they are considered an peen introduced to many tropical Australia and Europe, cattails have While native to the Americas, Asia,

TREASURE OR PEST?

\mathbf{B}	A		
B			D
F	E	E	b
E	G		