

Cottongrass

(*Eriophorum angustifolium*)

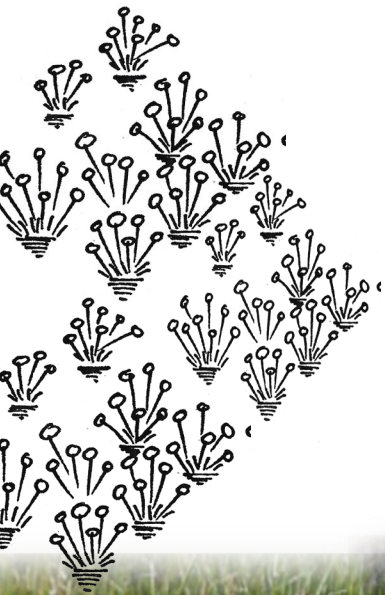
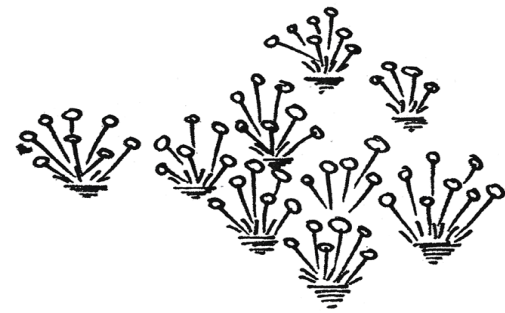


Description: Dark green, narrow leaves with fluffy, white seed heads.

Seed dispersal: Wind

Size: Up to 600 mm tall

Habitat: Wetlands, such as bogs and wet meadows



Although grass is in the name, cottongrass is a member of the sedge family. It thrives in wet environments with less competition from other grasses. The seed heads are distinctive, marking areas not to travel through, as the boggy conditions could cause you to become stuck. Historically, common cottongrass was used to stuff pillows in Sussex and to dress wounds during the First World War.

