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*Carex vesicaria*

[Synonyms : *Carex inflata*]

**BLADDER-SEDGE** is a creeping sedge. Native to Europe (including Britain) it has greyish flower spikelets.

It is also known as *Blasen-Segge* (German), *Blåsstarr* (Swedish), Blister sedge, *Carex vésiculeux* (French), *Hesgen Chwysigennaidd Ber-dywysennog* (Welsh), Inflated sedge, *Osoka puzyrčataja* (Russian), *Ostrica mechúrkata* (Slovak), *Ostrica pl'uzgierkata* (Slovak), *Ostřice měchýřkatá* (Czech), Sennagrass, Shoe-hay, and *Turzyca pecherzykowata* (Polish).

The flowers are pollinated by the wind.

*Vesicaria* is derived from Latin *vesica* (bladder) meaning 'bladder-like'.

Some authorities suggest that the name Sennagrass is a link with a region in Lapland often referred to as Sennaland.

Until recently, when plants growing under the path of the winds which carried the nuclear fall-out from the Chernobyl incident which occurred in Russia in April 1986 were threatened, bladder-sedge was a long-established part of the nomadic life in Lapland. Small bunches of the blades, harvested in late Summer, were/are beaten against a tree trunk before being brushed with a comb made from a nailed board. This released the fine fibres which were/are then dried, plaited and stored until the Winter. The resultant sweet-smelling hay was/is then used to line the Lapps' reindeer-skin boots. This is a practice that has also been used in Greenland.