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### *Elymus repens*

[Synonyms : *Agropyron caesium*, *Agropyron junceum* var. *repens*, *Agropyron leersianum*, *Agropyron repens*, *Agropyron repens* var. *aristatum*, *Agropyron repens* var. *nemorale*, *Agropyron repens* var. *pilosum*, *Agropyron repens* var. *pubescens*, *Agropyron repens* var. *repens*, *Agropyron repens* var. *subulatum*, *Agropyron repens* var. *vulgare*, *Agropyron sachalinense*, *Agropyron subulatum*, *Agropyrum repens*, *Braconotia officinarum*, *Elytrigia repens*, *Elytrigia repens* var. *aristata*, *Elytrigia repens* subsp. *caesia*, *Elytrigia repens* var. *caesium*, *Elytrigia repens* var. *glauca*, *Elytrigia repens* var. *pubescens*, *Elytrigia repens* var. *subulatum*, *Trisetum repens*, *Triticum glaucum*, *Triticum infestum*, *Triticum leersianum*, *Triticum repens*, *Triticum repens* var. *aristatum*, *Triticum repens* var. *caesium*, *Triticum repens* var. *glaucum*, *Triticum subulatum*, *Zeia repens*]

**COMMON COUCH** is an invasive grass. Native to Europe and Asia it has greenish-purple to greenish-yellow flower spikelets.

It is also known as *Ackerquecke* (German), *Agropiro común* (Spanish), *Agrostis i erpousa* (Greek), *Almindelig kvik* (Danish), *Bâs* (Channel Islander-Guernsey and Channel Islander-Jersey Norman-French), *Caprinella* (Italian), *Chandler's grass*, *Chiendent* (French), *Chiendent commune* (French), *Chiendent rampant* (French), *Couch*, *Couch grass*, *Coutch*, *Crafanc y Gwr Drwg* (Welsh), *Creeping grass*, *Creeping twitch*, *Cutch*, *Devil's guts*, *Dog grass*, *Dog's grass*, *Durfa grass*, *Durfie grass*, *Dutch grass*, *Echte Quecke* (German), *Elitrigio rampa* (Esperanto), *Gemeine Quecke* (German), *Gewöhnliche Quecke* (German), *Gramma canina* (Spanish), *Gramma del Norte* (Spanish), *Gramigna* (Italian), *Gramigna commune* (Italian), *Gramigno* (Italian), *Gramignone* (Italian), *Granaccino* (Italian), *Grandmother grass*, *Grasquecken* (German), *Gwenithwellt* (Welsh), *Hime kamoji gusa* (Japanese), *Juolavehnä* (Finnish), *Kriechende Quecke* (German), *Kriech-Quecke* (German), *Kvickrot* (Swedish), *Kweek* (Dutch), *Kweekgras* (Dutch), *Marchwellt* (Welsh), *Perz rozlogowy* (Polish), *Perz właściwy* (Polish), *Petit chiendent* (French), *Pied de poule* (French), *Pyrej polzučij* (Russian), *Pýr plazivý* (Czech, Slovak), *Quack grass*, *Quecke* (German), *Quicken*, *Quick grass*, *Quitch*, *Scitch grass*, *Scotch quelch*, *Scutch*, *Senegraes* (Danish), *Shiba mugi* (Japanese), *Squitch*, *Stroggle*, *Triticum*, *Twitch*, *Twitch grass*, *Vitrot* (Swedish), *Wheat grass*, *Wick*, *Wickens*, and *Witch grass*.

*Repens* means 'creeping'.

The Couch (pronounced 'cooch' in Britain) in Common couch (or equally often Couch grass) is derived from Anglo-Saxon *civice* (vivacity).

The roots have not only provided a famine food on the European continent (dried and ground into flour for bread) but they have also been fed to cattle and horses – and have been used as a poor substitute for coffee. In Italy particularly the peasants used to harvest the roots and take them to market.

Even though common couch tends to attract an unfavourable reception wherever it is found, in some parts of North America it has provided forage and its extensive root system has been exploited for binding soil.

Sick dogs will eat common couch to cause vomiting.

It is still drunk as a tisane by European country-folk who contend it is beneficial for coughs.

Medicinally, the underground stem has and is prescribed for the treatment of cystitis, urinary and bladder and kidney complaints. Herbalists have also recommended it in the past for treating rheumatism and gout. The plant is also used fresh for homoeopathic treatments.