

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Hippuris vulgaris

[Synonyms : *Hippuris melanocarpa*, *Hippuris tetraphylla*]

MARE’S-TAIL is an aquatic perennial. Native to temperate areas in the northern hemisphere it has tiny, green flowers.

It is also known as Bottle-brush, Brushes, Cat’s tails, Common maretail, Female horsetail, *Hästsvans* (Swedish), *Hästsvansört* (Swedish), *Hestehale* (Danish), Joint grass, Joint weed, *Ledgräs* (Swedish), Marsh barren horsetail, Old man’s beard, Paddock’s pipes, *Prustka obecná* (Czech), *Rhawn y Gaseg* (Welsh), *Tannenwedel* (German), *Truskavec obyčajný* (Slovak), and Witch’s milk.

It is similar in appearance to field horsetail (*Equisetum arvense*) and is often confused with it. *Vulgaris* means ‘common’.

The young leaves are eaten by Alaskan Inuits (and used to be stored in piles, on high ground, for Winter food). The plant has also been used as a flavouring in soup.

It is said that mare’s-tail provides food for wild ducks and for goats.

Medicinally, a decoction or the juice was recommended by herbalists for healing wounds.