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Nardus stricta

[Synonyms : *Nardus glabriculumis*]

MAT-GRASS is a tufted perennial grass. Native to temperate north-western Africa, Arctic and Atlantic coasts, Asia, Europe, Greenland and Newfoundland it has green or purplish spikelets.

It is also known as *Belous torčoščij* (Russian), *Blizniczka psia travka* (Polish), *Borstgras* (German), *Cawnen Ddu* (Welsh), Moor mat grass, Nard, Nard grass, *Nard raide* (French), *Psica tuhá* (Slovak), *Smilka tuhá* (Czech), and *Stagg* (Swiss).

Stricta means 'erect or upright'.

The young Spring grass is normally grazed by cattle and sheep.