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Triglochin maritima

[Synonyms : *Triglochin elata*, *Triglochin maritima* var. *elata*]

SEA ARROWGRASS is a perennial. Found in temperate areas of Asia, Europe, North America and northern Africa, it has tiny brownish-green flowers.

It is also known as Arrow-grass, *Barička* (Slovak), *Barička přímořská* (Czech), Goosegrass, *Havssälting* (Swedish), Marsh arrowgrass, Podgrass, *Saethbennig Arfor* (Welsh), Seaside arrowgrass, Shore podgrass, and Sourgrass.

Warning – sea arrowgrass can be poisonous for some animals.

Maritima is Latin (of the sea) meaning ‘coastal, or of the sea or seaside’.

Local North American Indian tribes such as the Klamath used roasted seeds as a substitute coffee. Others including the Gosiute and Montana Indian tribes ground the dried seeds for a flour – and the Salish cooked the plant as a vegetable.