

Soft Rush (*Juncus effusus*)

- **Soft Rush is found all year round in boggy marshy ground. Once you get familiar with how to recognise it you try to avoid that type of ground or get your boots very wet.**
- **It grows in large clumps and has slim bendy stems with clusters of rounded brown flowers.**
- **The stems can be easily peeled back to reveal a white pith. (Feels a bit like polystyrene?) This was traditionally dipped in fat and was used as a wick, much like what we have in candles today.**

- **Seeing this plant would indicate boggy wet ground. Usually an area to avoid if you want to keep your feet dry**
- **Our earliest form of candle wick**
- **Once peeled the inner white pith smells like cucumber**
- **Rushes have been used for making baskets**
- **Rushes can be used for thatching roofs**
- **Useful Link:**
<https://www.wildlifetrusts.org/wildlife-explorer/grasses-sedges-and-rushes/soft-rush>