

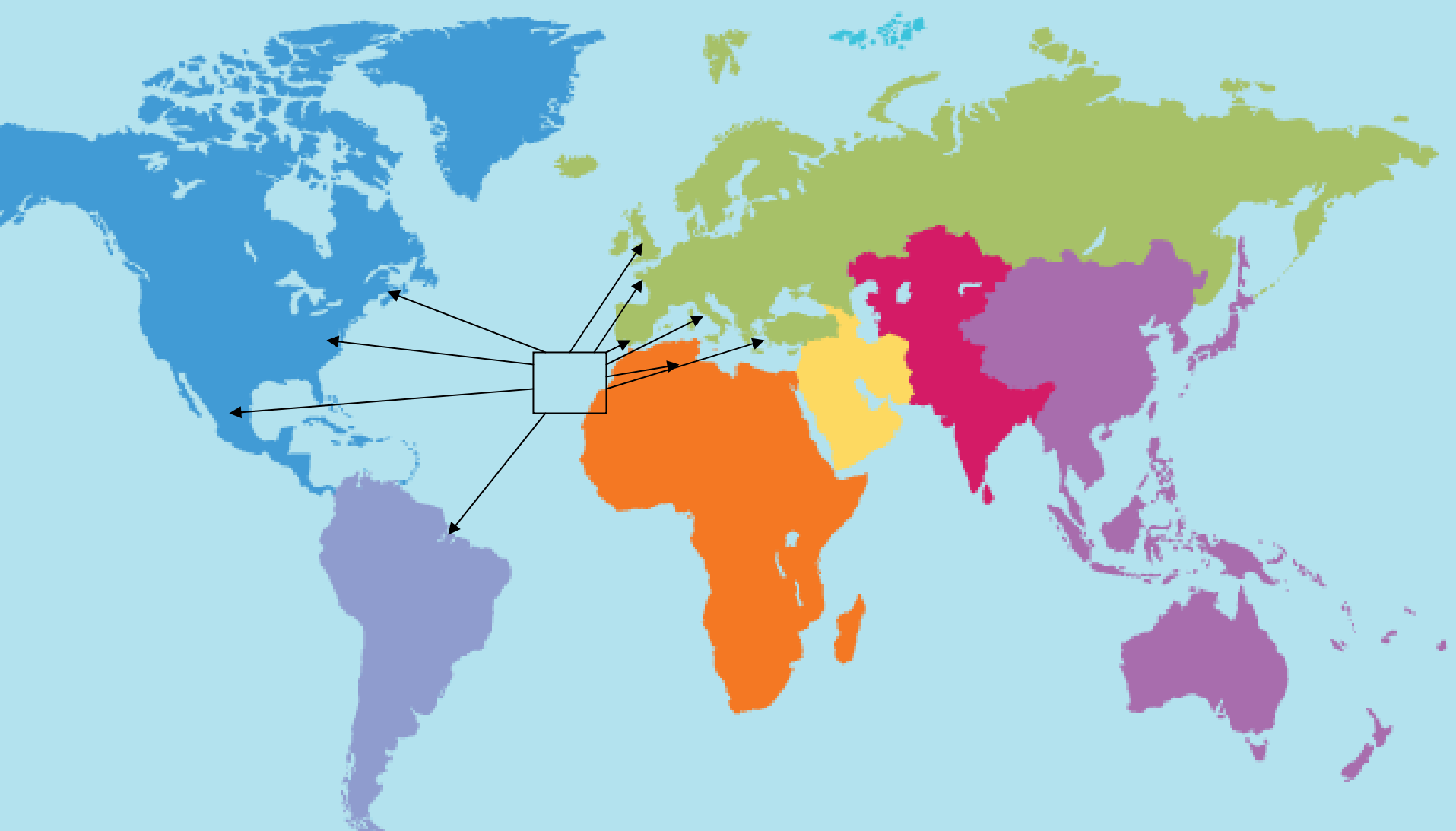
Where in the World?

C.A. Patterson, Ph.D., PAg
The Pathfinders Research & Management Ltd
CDCS Annual General Meeting
January 11, 2010

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Canary Islands SPAIN







STURTEVANTS
EDIBLE PLANTS OF THE WORLD

EDITED

BY

U. P. HEDRICK

1919

STURTEVANT'S EDIBLE PLANTS OF THE WORLD - Page 1

The Southwest School of Botanical Medicine <http://www.swsbm.com>

Phalaris canariensis Linn. *Gramineae*. CANARY GRASS. (pg 487)

Europe, north Africa and now naturalized in America. Canary grass is cultivated for its seeds, which are fed to canary birds. **In Italy, the seeds are ground into meal and made into cakes and puddings, and, in the Canary Islands, they are used in the same manner and also made into groats for porridge.** The common yield is from 30 to 34 bushels of seed per acre in England, but occasionally the yield is as much as 50 bushels. The chaff is superior for horse food and the straw is very nutritious. Canary grass is sparingly grown in some parts of the United States as a cultivated plant.

EXPERIMENTAL FARMS

REPORTS

OF THE



doing especially well.

Phalaris Canariensis (Canary Seed Grass) sown in April attained a height of 26 inches and ripened its seed by 3rd September. Without giving the names of all the varieties sown this year, it may be said that the cultivated and native sorts mentioned above are all suitable for this part of the North-West. In cultivated sorts, Meadow Fescue, Orchard Grass, Lucerne and Alsike appear to do the best.



FOR

1891

PRINTED BY ORDER OF PARLIAMENT



OTTAWA:

PRINTED BY S. E. DAWSON, PRINTER TO THE QUEEN'S MOST
EXCELLENT MAJESTY

1892

[No. 7F—1892.] Price 25 cents.

Market Report.

Drugs.—The placidity of the market has been somewhat ruffled by disturbances in the prices of several leading drugs, prominent among which is *camphor*. A separate article

on this subject ~~is given in another number, the~~ position of the former is weaker in New York. *Canary seed* is nearly one-third dearer since our last report. *Buchu* is gaining strength, and *Tinnevelly senna* is higher in London. *Insect flowers* are also firmer. Among articles that are easier, or lower, may be mentioned *opium*, *gamboge*, *elemi*, *ergot*, *Mexican sarsa*, and *caraway*, *cardamon* and *mustard seeds*. There is on hand considerable old stock of *senega* and the new crop is expected to be cheaper. *Lime juice* is dearer.

TRADITIONAL PLANT FOODS OF CANADIAN INDIGENOUS PEOPLES

Nutrition, Botany and Use

HARRIET V. KUHNLEIN
and NANCY J. TURNER



Food and Nutrition in
History and Anthropology
Volume 8

GORDON AND BREACH PUBLISHERS

Ch.5 Comprehensive List of Plant Species

Phalaris canariensis

I Canary grass

Poaceae, Gramineae

N grains

N roots

(1991)

**THE MILLET OF MANCHESTER:
ARAB MERCHANTS AND COTTON TRADE***
Fred Halliday

Trade with England had been carried via Gibraltar for a long time and Fasi merchants exported a few goods to England-beeswax, dates for Christmas, and **canary-grass (alpiste), an ingredient in the making of whisky.** In 1895 a clash in the countryside prevented the merchants from getting the dates to Britain in time for Christmas and they lost money accordingly.

British Journal of Middle Eastern Studies, Vol. 19, No. 2 (1992), pp. 159-176

AACCI * WG TASK FORCE RECOMMENDS TO ACCEPT

True Cereals

- Wheat including spelt, emmer, farro, einkorn,
- Kamut, durums
- Rice, African rice
- Barley
- Corn (Maize, Popcorn)
- Rye
- Oats
- Canary Seed
- Job's Tears
- Fonio, Black Fonio,
- Asian Millet

True Cereals

- Millets
- Sorghum
- Teff (tef)
- Triticale
- Wild rice

Pseudocereals

- Amaranth
- Buckwheat, Tartar Buckwheat

Food & Medicinal Uses

Atol is a traditional cornstarch-based Mexican and Central American hot drink.

- It is prepared and sold by street food vendors
- Very common drink during breakfast and dinnertime at any time of year
- Made with canaryseed in some locations in central Mexico



Alfalfa, oats and canary seed, the beneficial ingredients

Believe in the IPN cookies that help fight cholesterol

MARIANA NORANDI

Students of the Center for Science and Technology Studies number 15 "Antúnez Diódoro Echegaray, National Polytechnic Institute (IPN), created alfalfa biscuits, birdseed and oats that will benefit people suffering from hypertension and high cholesterol, because they are developed with ingredients that contain medicinal properties, which help regulate blood pressure, cleanse the circulatory system and lower cholesterol levels significantly.

Medicinal Properties

- Plant part used: Seed
- Popularly used for its cholesterol lowering effect, as a diuretic and an emollient
- Used for weight management, eczema, urinary tract problems, renal
- Used as a decoction: one to two tablespoons seed per cup, boil 5 minutes and leave soaking in 6 to 8 hours. Take 1 to 3 cups a day.



Of the herb called *Phalaris* [*Phalaris canariensis*]

page 193

1562-1568

Phalaris putteth forth many small stalks out of small and unprofitable roots. The stalks are two hand-breadths long, full of joints, like straws or redestalks, much like unto the straws of spelt. It hath a seed in bigness of mil or millet, white in fashion, something long. The first time that ever I saw this herb was in the city of Como, where as the chief Physician of the city, no less gentle than well learned, showed [it] unto me and my fellow master, Johan Walker.²⁰³ Afterward I saw it in England taken for mil, for they that brought Canary birds out of Spain brought of the seed of *Phalaris* also to feed them with; whereof, when I sowed a little, I found that it was the right *Phalaris* which I had seen in Italy before. I have as yet no English name of *Phalaris*, but for lack of a better name, it may be called peti panik, of the likeness that it hath with the right panik.

The virtues of Phalaris

The juice of *Phalaris* which is pressed out of the herb when it is stamped through water or wine, if it be drunken, it is a good remedy against the ache of the bladder; but a spoonful of the seed of the same herb drunken

[497]

in water is good for the same purpose. Other properties I find none in Galen [other] than Dioscorides hath rehearsed. I have found by experience that it is not only good to feed small birds therewith, but that it is very good for young chickens and hens to fat them withal, as some use to fat capons in Italy with mil or millet.

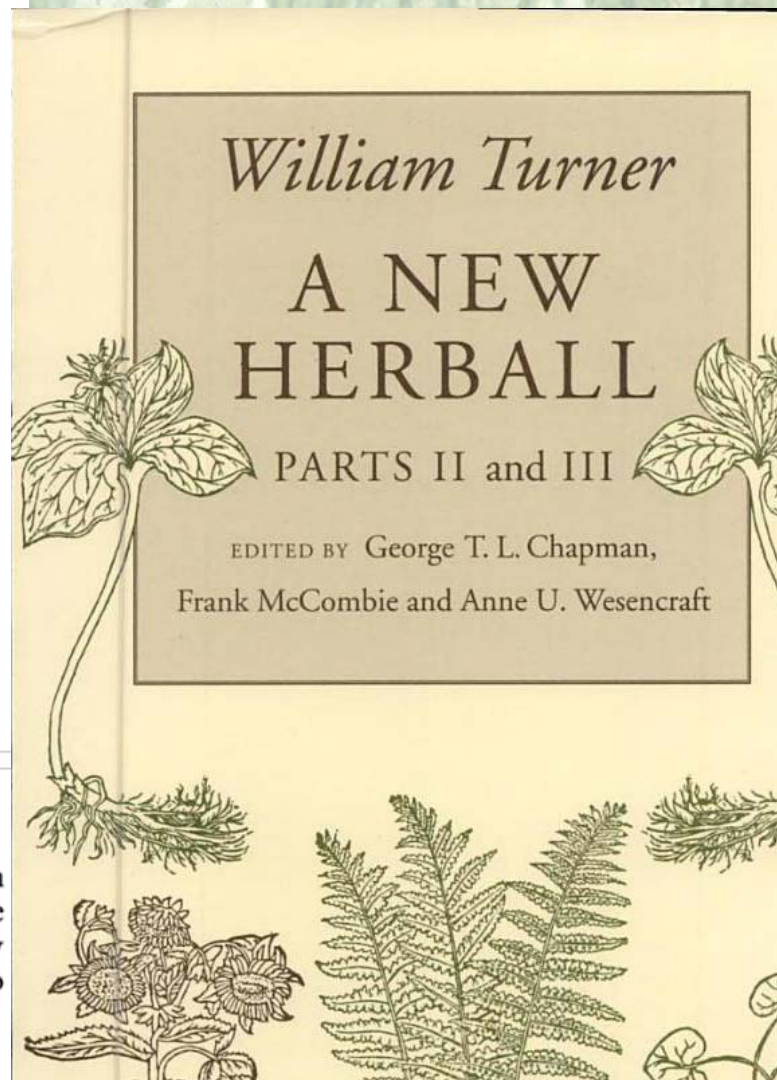


Of the pulse called *Phasiolus* out of *Dioscorides*

[*Phaseolus species*]²⁰⁴

Phasiolus is windy and moveth or stirreth up wind; and when it is green

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MATERIA MEDICA OF THE NEW MEXICAN PHARMACOPEIA.
Part 2

BY THE EDITOR.

1885

Alpiste, the fruit of *Phalaris canariensis*, Lin, nat. ord. Gramineae. The plant grows in Mexico; the fruit is principally used for birds' food and the meal is employed as an emollient.

ACUTE ANTIHYPERTENSIVE EFFECT IN CONSCIOUS RATS PRODUCED BY SOME MEDICINAL PLANTS USED IN THE STATE OF SAO PAULO*

(Ribeiro et al, 1986, Brazil)

ACUTE DIURETIC EFFECTS IN CONSCIOUS RATS PRODUCED BY SOME MEDICINAL PIANTS USED IN THE STATE OF SK0 PAULO, BRASIL* (Riberiro et al, 1988, Brazil)

Determination of Antioxidant Activity of Canary Seed Infusions by Chemiluminescence 1

(Novas et al, 2004, Spain)

Herbal medicines as diuretics: A review of the scientific evidence

(Wright et al, 2007, Unilever, The Netherlands)

Hypotensive effect of canary grass (*Phalaris canariensis* L.) aqueous extract in rats.

(Balbi et al, 2008 Brazil)





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*Note on the Use of the Flour of the Phalaris Canariensis,
for sizing Muslins and other Stuffs.*

By M. MARCEL DE SERRES.

From the ANNALES DES ARTS ET MANUFACTURES.

1815

From experiments made upon a very large scale, in various manufactories at Erfurt and in Prussia, it appears that the flour of the *Phalaris Canariensis* is preferable to the finest wheat-flour for the sizing of fine stuffs, because it imparts a high degree of softness and suppleness to the threads, and a dampness favourable to their flexibility. As the gluten of the flour of the *Phalaris* has much affinity with water, it keeps the threads damp for a much longer time than wheat-flour, and this renders them fitter for working. It is well known that threads when dry are apt

Questions?

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