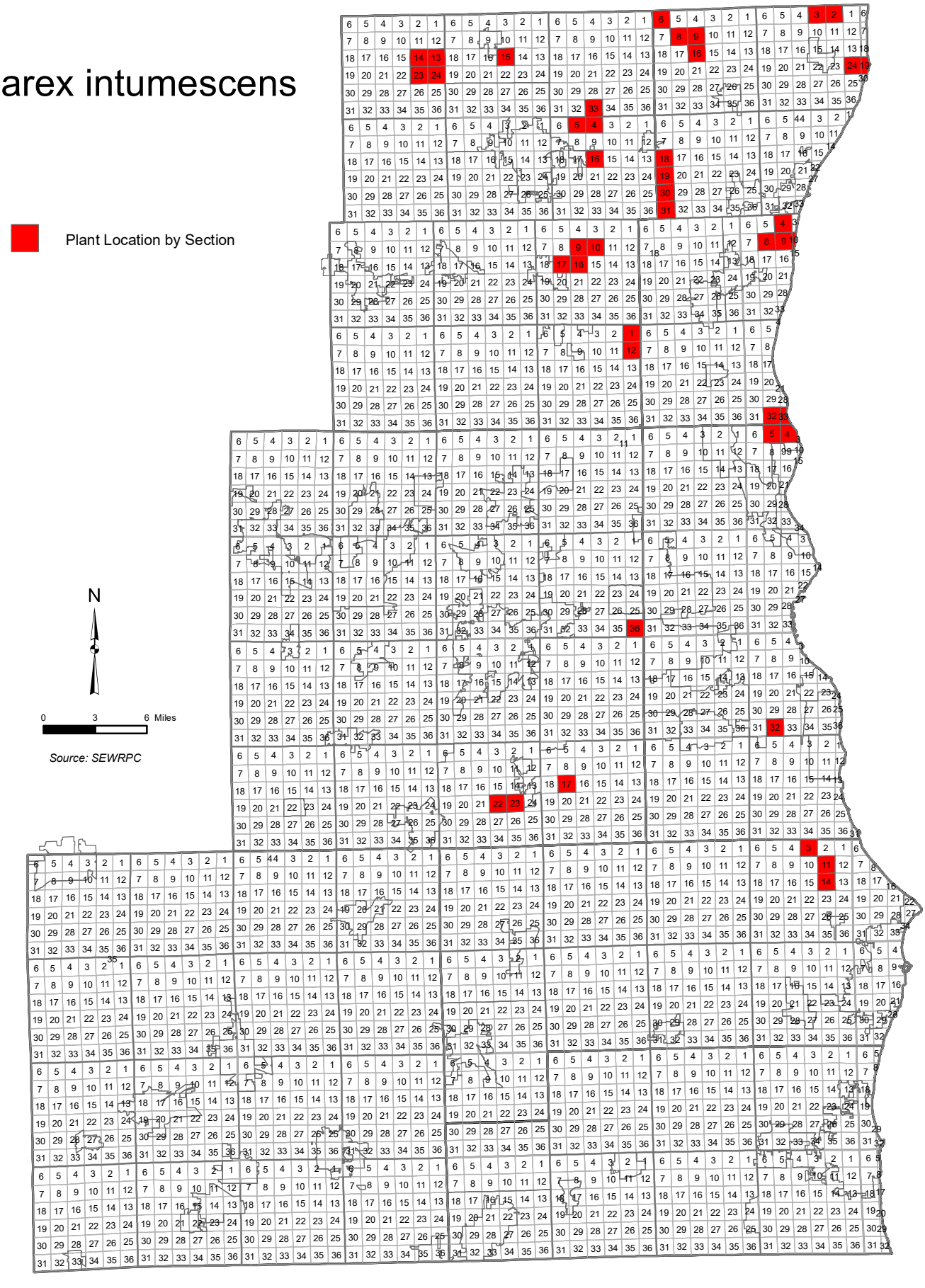Carex intumescens