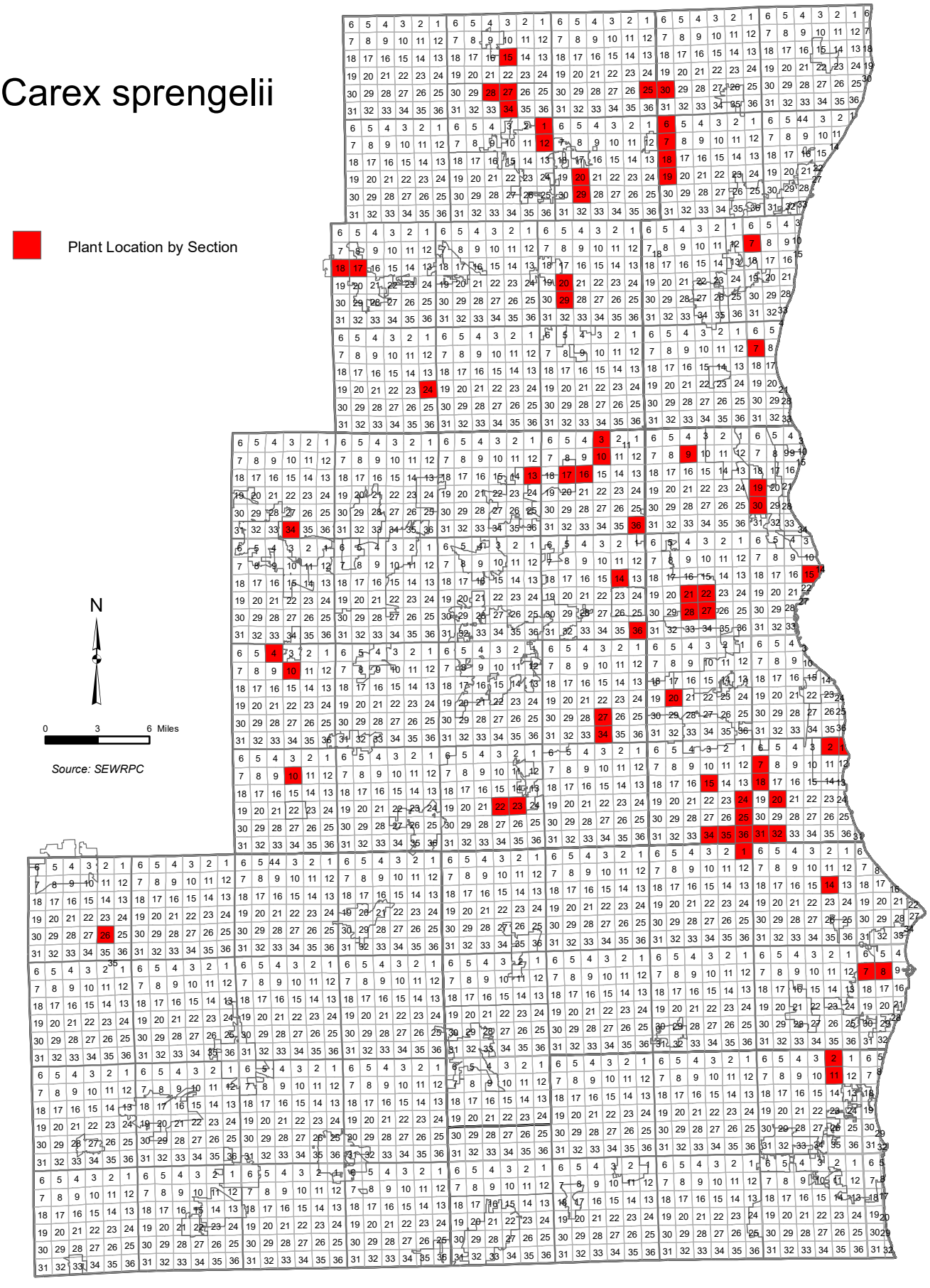Carex sprengelii