PLANT FACT SHEET

Hippuris vulgaris L.

GENUS *Hippuris* **FAMILY** Plantaginaceae

COMMON NAMES Common marestail, Mare's-tail

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are eaten. They are cooked or pickled before eating. They are also used for soup. They have a salty taste.

DESCRIPTION

A herb. It grows in marshes and looks like a horses tail. It has long runners. The rootstock are spongy and creeping. The shoots are erect. It grows 20-50 cm above the water. The leaves are narrow and pale green. They are 5 cm long and 0.3 cm wide. They are arranged in rings. It varies considerably and these have sometimes been called other species names. The leaves produced under the water are different from the leaves produced above the water. The flower is green. Several small flowers occur between the leaves. The fruit is like a nut.

HABITAT

A temperate plant. A marsh plant. It grows in shallow water and mud of streams. In China it grows from sea level to 5,000 m above sea level. Sichuan and Yunnan.

PRODUCTION

Cultivation

Plants are easily grown from cuttings. They are planted in shallow water.

NOTES

There are 4 Hippuris species. Also put in the family Hippuridaceae.

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