PLANT FACT SHEET

Ottelia alismoides (L.) Pers.

GENUS *Ottelia* **FAMILY** Hydrocharitaceae

COMMON NAMES Pond Lettuce

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice, Fruit, Flower stalks, Flowers, Seeds, Stems - tea

The mature fruit are eaten raw. They are also eaten cooked.
The leaves and leaf stalks are eaten after cooking.
They are also eaten raw with fish sauce. They are blanched.
The flower buds are used as a vegetable.

DESCRIPTION

A herb growing in fresh water. It develops tufts and keeps growing from year to year. The clumps are 60 cm wide. The leaves are very variable and have short or long leaf stalks according to the depth of water. The leaf blade of leaves which are under water are long and those which are floating are rounded. The leaves can be 1 m long and the blade 15-20 cm long by 15-20 cm wide. The base of the leaf is heart shaped. The leaves are green to bronze. They have prominent veins. The leafy bract around the flower has 5-10 wings. The flowers are 5-6 cm across and white with darker veins. They have 3 petals. The flowers are on the surface. The fruit are oblong and 2.5 to 4 cm long.

HABITAT

It is a tropical and subtropical plant. It can grow in stagnant water. It grows in wetlands. It occurs throughout the Philippines in shallow lakes and slow running streams. It needs bright light and warm water. In Yunnan. In Calicut Uni BG.

PRODUCTION

Cultivation

Plants can be grown from seed. They are planted on mud or in shallow, warm water. It can also be grown by removing suckers.

Harvesting and Seed Production

In northeastern India plants flower and fruit from September to March.

NOTES

There are about 21-40 Ottelia species. They grow in the tropics. There is one species in tropical America.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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