PLANT FACT SHEET

Nymphoides hydrophyllum (Lour.) O. Kuntze

GENUS *Nymphoides* **FAMILY** Menyanthaceae

COMMON NAMES White water snowflake, Fairy water-lily, Floating heart

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Buds, Stems

The stems, roots, buds and leaves are eaten either boiled or curried.
The plant is boiled and softer parts eaten.

DESCRIPTION

A water-lily like plant. It grows under water. It can be free floating. The leaves are oval or heart shaped and 8-15 cm across. The gap in the leaves is V shaped. The leaf stalk is short and sheaths the base. The leaves float. They are green but mottled red. The flowers emerge above the water. The flowers are white. They have 5 petals and are 2 cm across. The edges of the flowers are wavy. The centre is yellow.

HABITAT

A tropical plant. It grows under water in standing water. It needs full sun. They grow in warm places. It suits hardiness zones 8-12. In Sichuan. It suits the seasonally dry tropics.

PRODUCTION

Cultivation

Plants can be grown in shallow water over nutrient-rich soils. The seeds need to be kept dry for a few months before planting.

NOTES

There are about 30 Nymphoides species.

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