PLANT FACT SHEET

Marsilea minuta L.

GENUS *Marsilea* **FAMILY** Marsileaceae

COMMON NAMES Water clover, Clover fern

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Vegetable

The very tender stalks and leaves are used as a pot herb. They are cooked and eaten. They are also fried. They are a spice.

DESCRIPTION

A small fern. It grows in water or damp locations. It has creeping rhizomes. The fronds float. It has four leaflets. These are rounded or delta shaped and 1-2.5 cm long and wide. They are at the top of a slender leaf stalk. It only forms spore bodies in water.

HABITAT

A tropical plant. It grows in swamps and stagnant pools. It is rare in Swaziland. In Bangladesh it grows in ditches and rice paddies. It grows in wetlands. In southern China it grows in rice fields and in ditches between 100-1,400 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)

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