PLANT FACT SHEET

Nymphoides peltata (S. G. Gmelin) Kuntze

GENUS *Nymphoides* **FAMILY** Menyanthaceae

COMMON NAMES Water fringe, Yellow floating heart, Yellow fringe

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, bud

The young leaves and flower buds are used as potherbs.

DESCRIPTION

A herb that keeps growing from year to year and has a long creeping rootstock. It grows 30 cm high and spreads 0.9-2.4 m wide. The stem are long and floating and form roots at the nodes. The leaves are floating. The leaf blade is rounded with a heart shaped base. It is 3-5 cm long by 2-6 cm wide. It has dark glands underneath and a wavy edge. The flowers are in groups in the axils. The flowers are held 5-8 cm above the water. The flowers are yellow and have a fringe. The fruit is an oval capsule. It is 18 mm long.

HABITAT

It is a temperate plant. It grows under water. It can grow in temperate places. It can grow in rivers. It grows in ponds and ditches. It grows in wetlands. It does best in water 15-45 cm deep. It suits hardiness zones 6-10. In Yunnan.

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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