PLANT FACT SHEET

Trapa natans var. bispinosa L., (Roxb.) Makino

GENUS *Trapa* **FAMILY** Lythraceae

COMMON NAMES Caltrop, Water chestnut

EDIBLE PARTS AND USES

Edible parts: Seeds, Nuts, Fruit

The seed leaf is fleshy, white and rich in starch. It is eaten.
The seeds are cooked and eaten. They are also eaten raw. They are sometimes cooked and eaten with rice.
The fruit are eaten raw and also canned and eaten as a dessert fruit.

DESCRIPTION

A herb which grows in water. The stems curve upwards. The leaves float. They are in rings close together often with 3 lobes and joined by one of the shorter sides. They are more broad than long. The leaves under the water are like long threads. The stalk is spongy. The flowers are white and occur singly. The fruit is a nut which is angled. There is a short beak at the tip. There is a sharp spiny horn on either side.

HABITAT

It is a tropical plant. In Nepal plants grow up to about 600 m altitude. It grows near Mumbai and Chenai. It grows in lakes and rivers. It grows in wetlands. It can grow in arid places.

PRODUCTION

Cultivation

Plants are grown from seeds or rhizomes.

Harvesting and Seed Production

In Manipur in India the seeds are available July to Spetember.

NOTES

It is also put in the family Trapaceae.

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