PLANT FACT SHEET

Sagittaria trifolia L.

GENUS *Sagittaria* **FAMILY** Alismataceae

COMMON NAMES Arrowhead, Arrow-weed, Swamp potato

EDIBLE PARTS AND USES

Edible parts: Tubers, Root, Vegetable, Flowers, Leaves

The roots are boiled and eaten. They have a bland, sweet taste. They need to be deep fried or boiled to remove the bitterness. The young leaf stalks are also used.
The young leaves are used as a potherb.

DESCRIPTION

A herb. It keeps growing from year to year. The roots are like a lily bulb. They are 2-3 cm wide and 5-7 cm long. The corms are pale brown and rounded. The leaves are 18-25 cm long and have a long leaf stalk 40-50 cm long. The flowers are in a long panicle. The flower are about 2 cm across. The male and female flowers are separate.

HABITAT

It is a tropical plant. It grows in mud and grows near sea level. It grows in wetlands. In Sichuan. In Yunnan.

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

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