PLANT FACT SHEET

Nymphoides hydrophylla (Lour.) Kuntze

GENUS *Nymphoides* **FAMILY** Menyanthaceae

COMMON NAMES Floating heart

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Stems, Seeds

The whole plant except the roots is eaten raw or cooked. It is boiled or stir-fried.
The mature fruits are eaten raw or cooked.

DESCRIPTION

A herb which grows in water. The stem forms roots at the nodes. Its roots are fixed in the mud. It grows to 1 m or more tall. The leaves are round and heart shaped and float. They are 1-6 cm long by 1-5 cm wide. The flowers are of two forms. They are white with a yellowish tinge and are in dense clusters. The capsule is half round. The seeds are brown and 1 mm across.

HABITAT

A tropical plant. It grows in stagnant pools and standing water. It grows in wetlands.

NOTES

There are about 30 Nymphoides species.

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