PLANT FACT SHEET

Marsilea quadrifolia L.

GENUS *Marsilea* **FAMILY** Marsileaceae

COMMON NAMES Water clover

EDIBLE PARTS AND USES

Edible parts: Fronds, Leaves, Seeds, Leaves - tea

The young shoots are eaten cooked as a vegetable. They are also cooked in stir-fries and soup.
The harvested shoots and leaves can be stored for 5-6 days.

DESCRIPTION

A long crawling fern. It can float on water. It has slender creeping rhizomes. It forms roots at the nodes. The young leaves are downy but become smooth. There are 4 triangle shaped leaflets. Each one is 1-2 cm across. The stalks are slender and 15 cm long. The sori or spore bodies, are narrow and enclosed by fronds.

HABITAT

It grows in wet places. It grows in temperate and subtropical places. In Yunnan.

NOTES

There are about 50-60 Marsilea species.

PICTURES



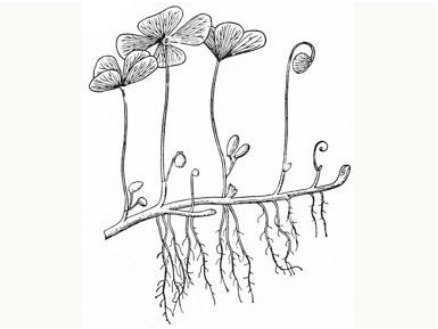
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