PLANT FACT SHEET

Nuphar variegata Durand

GENUS *Nuphar* **FAMILY** Nymphaeaceae

COMMON NAMES Variegated yellow cow-lily

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots

The leaf stalk is sucked for its moisture.
The rootstock is thinly sliced and dried and ground into a powder as a porridge or to thicken soups.
The rootstock is also boiled with meat.
The seeds are parched and ground into a powder and used as a porridge.

DESCRIPTION

A water lily. The leaf stalks are slightly flattened with wings. The fruit are purple.

HABITAT

It is a temperate plant. It grows in standing water.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/21c22c7a-c47b-42fc-a86a-dfda86ca1322