PLANT FACT SHEET

Vallisneria nana R.Br.

GENUS *Vallisneria* **FAMILY** Hydrocharitaceae

COMMON NAMES Cat Weed, Ribbonweed

EDIBLE PARTS AND USES

Edible parts: Leaves, Tubers, Root

The young leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb which grows in fresh water. It forms tufts. It has stolons or runners. These are light brown or white. It has long ribbon like leaves. These form roots and new tufts of leaves at intervals. The leaves form at the base. The length of the leaves varies with the depth of the water. They can be 3 m long. They are thin and 1 cm or less wide. There are 5-9 parallel veins. The leaves are bright green but get covered with brown slime in dirty water. The flowers float. The flowers are of one sex. They form in the axils of leaves. There are many male flowers less than 1 mm across. They are on a central axis and enclosed in a spathe 1-2 cm long. This opens allowing the male flowers to float freely on the water surface. The female flowers occur singly. They are 1.5-2.5 cm long on a stalk 1 m long.

HABITAT

A tropical plant. Common and widely distributed throughout the Islands of the Philippines in shallow lakes and slowly running streams. Maximum growth occurs about 25°C. It can grow in slightly salty water. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants can be grown by cuttings, by division of the roots and also by seed.

NOTES

Now a form of Vallisneria americana.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2774d7eb-92dc-43b3-9e5b-ad0f70863c6b