PLANT FACT SHEET

Nymphaea lotus L.

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Egyptian Water Lily, Tiger lotus

EDIBLE PARTS AND USES

Edible parts: Rhizome, Seeds, Flower receptacles, Stems, Leaves, Flower stalks, Root, Vegetable

The young flower receptacle is eaten raw, or cooked, as a vegetable. It is also pickled and used in curries.
The young seeds are edible. They are pickled, put in curries, roasts or ground into flour for cakes.
The root tuber is roasted or dried and ground into flour. The flour can be stored for several months.
The tubers are also boiled and eaten. They are cooked with tamarind pulp.

DESCRIPTION

A waterlily. It is a herb which grows in water. It grows 10-40 cm high and spreads 0.9-3.5 m wide. The stem or rhizome is stuck in the mud. The leaf stalks and flower stalks arise directly from this root. The leaves swim on the surface of the water. The leaves are toothed around the edge. The flowers are reddish and white. They are large and with 12-14 pointed petals. There are 4 fleshy outer segments of deep green.

HABITAT

It is a tropical plant. It also grows in warm and temperate places. It grows in pools in hot arid places. It grows in still water 0.5-2.5 m deep. It grows between sea level and 1,500 m above sea level. It can grow in arid places. It suits hardiness zones 11-12.

PRODUCTION

Cultivation

Plants can be grown using seed, suckers or rhizomes.

Harvesting and Seed Production

Tubers are collected all year round.

NOTES

There are about 50 Nymphaea species.

PICTURES



Credit: Food Plants International (Bruce French)

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