PLANT FACT SHEET

Nymphaea tetragona Georgi

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Pygmy Water Lily, Four-angled water-lily

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaf buds, Rhizome, Root, Flowers

The rhizome is used for food.

DESCRIPTION

A herb. It grows in water. The rhizomes or underground stems are erect and unbranched. The leaf blade is heart shaped to oval and 5-12 cm long by 3.5-9 cm wide. It is papery. It is smooth underneath. The base is deeply heart shaped and the lobes at the base are parallel or almost touching. The flower is floating. It is 3-6 cm across. The connection to the receptacle is 4 sided. There are 8-15 petals which are white. The fruit is round and 2-2.5 cm across. The seeds are narrowly oval and 2-3 mm long. They are smooth.

HABITAT

It is a temperate plant. It grows in ponds and lakes from near sea level to 4000 m in China. It grows in wetlands. It suits hardiness zones 3-9. In Sichuan and Yunnan.

NOTES

There are about 50 Nymphaea species.

REFERENCES

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 402

Bemerk. Reise Russ. Reich 1:220. 1775

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 731

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 713

Cherikoff V. & Isaacs, J., The Bush Food Handbook. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 128

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 938

Fu Dezhi, Wiersma, J.H., Nymphaceae in Flora of China.

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 112

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 388

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 59

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 82

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 164, 217

Urgamal, M., et al, 2014, Conspectus of the Vascular Plants of Mongolia. Mongolia Academy of Sciences Institute of Botany and National University of Mongolia Department of Biology. p 37

Valder, P., 1999, The Garden Plants of China. Florilegium. p 233

Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. Journal of Ethnobiology and Ethnomedicine. 10:72

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/315495c8-d6e6-4ecc-8d84-1ea1d6a67653