PLANT FACT SHEET

Nymphaea alba (L.) J. Presl.

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES White Water Lily

EDIBLE PARTS AND USES

Edible parts: Roots, Seeds, leaves

The root can be cooked and eaten after flavouring.
The leaf stalks are eaten raw in salads.
The seeds are dried and eaten. They are eaten raw or fried like corn.

DESCRIPTION

A herb. It grows in water. The rhizomes or underground stems are bent backwards and sparsely branched. There are no stolons or runners. The leaf blade is rounded and 10-25 cm across. It is papery. It is smooth underneath. The leaf stalks joins almost at the edge of the leaf. The base is deeply heart shaped and the lobes at the base are almost parallel or spreading. The flower is floating. It is 10-20 cm across. The sepals are sword shaped and 3-5 cm across while there are 20-25 petals which are 3-5.5 cm across and white. The fruit is half round and 2.5-3 cm across. The seeds are oval and 2-3 mm across. They are smooth.

HABITAT

It is a temperate plant. It can be planted at 3 m depth in water. It grows in wetlands. In China is is cultivated and naturalised in ponds in N China. It suits hardiness zones 5-9.

NOTES

There are about 50 Nymphaea species.

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