PLANT FACT SHEET

Nuphar polysepala Engelm.

GENUS *Nuphar* **FAMILY** Nymphaeaceae

COMMON NAMES Rocky mountain pondlily

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots

The seeds are roasted and eaten or ground into a mealy flour.
The roots are boiled or roasted and eaten as a vegetable.

DESCRIPTION

A waterlily. It keeps growing from year to year. It has a creeping spongy rootstock. It can be 3-8 cm across. The leaves are almost heart shaped with 2 deep lobes at the base. The leaves are dull green and thick. They float on water. They are 40 cm long and 25 cm wide. The leaf stalks can be 15 mm thick. The flowers are round and stand out of the water. They are 10-13 cm across. There are 7 to 9 dark yellow sepals. The petals are somewhat hidden. The stamens are in 5-7 rows. The seeds are edible.

HABITAT

It grows from Arctic to subtropical climates. It grows in ponds and slow flowing water. It suits hardiness zones 4-9.

NOTES

There are about 10-25 Nuphar species.

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