PLANT FACT SHEET

Caldesia parnassifolia (L.) Parl.

GENUS *Caldesia* **FAMILY** Alismataceae

EDIBLE PARTS AND USES

Edible parts: leaves

The succulent stems and leaves are cooked and eaten.

DESCRIPTION

A herb that grows in water. The leaves float on the water. The leaf stalk is 5-100 cm long. The leaves are oval and 2-10 cm long by 1.5-7 cm wide. They are heart shaped at the base. The flowers are in a group. The flower stem sticks up above the water.

HABITAT

It is a tropical plant. It grows in swamps and shallow water.

NOTES

There are 4 Caldesia species.

REFERENCES

Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. (As Caldesia reniformis)

Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 64 (As Caldesia reniformis)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/43323bfb-c450-47db-8de9-0ab4425da1ec