PLANT FACT SHEET

Ludwigia adscendens (L.) Hara

GENUS *Ludwigia* **FAMILY** Onagraceae

COMMON NAMES Water primrose

EDIBLE PARTS AND USES

Edible parts: Shoots, Leaves, Vegetable, Leaves - tea

The young shoots and leaves are cooked and eaten with fish. They are also eaten fresh and used in soups. They are also fried.

DESCRIPTION

A floating herb. It floats by means of white, air filled outgrowths. It grows 0.1-1 m tall. The stems are long, creeping and fleshy. They can lie along the ground or curve upwards. The stems can be 4 m long. They are rooted in the mud and they form roots at the nodes. The leaves are 3-5 cm long by 1.5-2.5 cm wide. They taper to the base and have a blunt tip. They are oblong and bright green. They are shiny and have a leafy structure at the base of the leaf stalk. The leaf stalk is long. The flowers occur in the axils of the upper leaves. The flowers are 1.8-2.5 cm across. They are creamy white with a yellow centre. The fruit is a capsule 1-2.5 cm long and shaped like a cylinder. It has 10 brown ribs. The seeds are pale brown and 1-1.5 mm long. They are embedded in dense corky tissue.

HABITAT

A tropical plant. It grows in streams and lagoons. In Papua New Guinea it grows from sea level to 750 m altitude. In China it grows in wet flooded places and rice paddies. It grows in wetlands. It is rooted in the mud and floats. It grows from sea level to 1,600 m above sea level. In Yunnan.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

NOTES

It is poisonous to animals when eaten raw. There are about 80 Ludwigia species. They grow in the tropics. The plant is reported to be used as a contraceptive. It is also put in the family Oenotheraceae.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 116

Cengel, D. J. & Dany, C., (Eds), 2016, Integrating Forest Biodiversity Resource Management and Sustainable Community Livelihood Development in the Preah Vihear Protected Forest. International Tropical Timber Organization p 125

Chiang Mai University Vol. 4 , 1964, bio1080uu, Table 6 p 82

Cruz-Garcia, G. S., & Price, L. L., 2011, Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand. Journal of Ethnobiology and Ethnomedicine 7:33

Deka, N. & Devi, N., 2015, Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India. Asian J. Plant Sci. Res. 5(1):32-48

Dunlop, C.R., Leach, G.J. & Cowie, I.D., 1995, Flora of the Darwin Region. Vol 2. Northern Territory Botanical Bulletin No 20. p 138

Elliot, W.R., & Jones, D.L., 1993, Encyclopedia of Australian Plants suitable for cultivation. Vol 6. Lothian. p 239

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 369

Henty, E.E., & Pritchard, G.S., 1973, Weeds of New Guinea and their control. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 130

Henty, E.E., 1980, Harmful Plants in Papua New Guinea. Botany Bulletin No 12. Division Botany, Lae, Papua New Guinea. p 109 110

Hossain, U. & Rahman, A., 2018, Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh. Asian J. Med. Biol. Res. 2018, 4 (4), 362-371

J. Jap. Bot. 28:291. 1953

Jain et al, 2011, Journal of Ethnobiology and Ethnomedicine 7:29 (As Jussiaea repens)

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 152

Leach, G.J., & Osborne, P.L., 1985, Freshwater Plants of Papua New Guinea. UPNG Press, p 203

Li, D. et al, 2017, Ethnobotanical survey of herbal tea plants from the traditional markets in Chaoshan, China. Journal of Ethnopharmacology. 205 (2017) 195-206

McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 85

Meitei, L. R., et al, 2022, An ethnobotanical study on the wild edible plants used by forest dwellers in Yangoupokpi Lokchao Wildlife Sanctuary, Manipur, India. Ethnobotany Research and Application 23:15

Mishra, N., et al, 2016, Indigenous knowledge in utilization of wetland plants in Bhadrak district, Odisha, India. Indian Journal of Natural Products and Resources. Vol. 7(1) pp. 82-89

Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 48

Mutie, F. M., et al, 2023, Important Medicinal and Food Taxa (Orders and Families) in Kenya, Based on Three Quantitative Approaches. Plants 2023, 12, 1145

Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. Economic Botany 57(1): 103-117

Pagag, K. & Borthakur, S.K., 2012, Wild edible wetland plants from Lakhimpur district of Assam, India. Pleione 6(2): 322 - 327 (Also as Jussiaea repens)

Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 407

Sinha, R. & Lakra, V., 2007, Edible weeds of tribals in Jharkhand, Orissa and West Bengal. Indian Journal of Traditional Knowledge 6(1) January 2007 pp 217-222 (As Jussiaea repens)

Stephens, K.M., & Dowling, R.M., 2002, Wetland Plants of Queensland. A field guide. CSIRO p 59

Swapna, M. M. et al, 2011, A review on the medicinal and edible aspects of aquatic and wetland plants of India. J. Med. Plants Res. 5 (33) pp. 7163-7176

Tanaka, Y. & Van Ke, N., 2007, Edible Wild Plants of Vietnam. Orchid Press. p 106

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/484b3a46-b942-4c69-8cf4-2e582ffa3236