PLANT FACT SHEET

Nelumbo lutea (Willd.) Persoon

GENUS *Nelumbo* **FAMILY** Nelumbonaceae

COMMON NAMES Lotus lily, American lotus, Golden lotus, Pondnuts, Water Chinquapin, Wonkapin, Yanquapin, Yellow Nelumbo

EDIBLE PARTS AND USES

Edible parts: Root, Seeds, Stem, Leaves

The leaves and young stalks can be eaten.
The immature seeds can be eaten raw.
The mature seeds need to have the hard shell cracked and are then boiled, baked or ground into flour to use in soups.
The starchy rhizome or tubers can be baked or boiled.
The root tubers are peeled and boiled and eaten.
The end shoots are stored and later eaten.

DESCRIPTION

A lotus or waterlily like plant which keeps growing from year to year. It has underground stems or rhizomes. Some are thin but the ones underground are thick storage organs. These have air canals along them. The rhizomes can be several metres long. The leaves can float or be above the water level. Thye leaf stalk joins in the centre of the leaf. The leaves are 40-80 cm across. The leaf stalk is spiny and up to 2 m long. The flowers have both sexes. They occur singly in the axils of leaves. The fruit is made up of 10-20 units joined in a cone shaped receptacle. Young leaves float but are later held above the water.

HABITAT

It is a temperate plant. It grows in lakes, ponds, slow-moving streams and in tidal waters. It grows in water up to 1 m deep. It flowers at a lower temperature than Nelumbo nucifera. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

It can be grown from root runners.

NOTES

There are 2 Nelumbo species. There is only one genus in the Nelumbonaceae.

REFERENCES

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 719

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 697

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 922 (As Nelumbo lutea)

Duke, J.A., 1992, Handbook of Edible Weeds. CRC Press. p 132

Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 210

Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 63 (As Nelumbo luteum)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 161 (As Nelumbo lutea)

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 434 (As Nelumbo luteum)

http://www.botanic-gardens-ljubljana.com/en/plants

Illustrated Flora of Central Texas p 834

Jordan, J., et al, 2006, Vascular Plants Utilized by the Plains Apache in Southwestern Oklahoma, Publications of the Oklahoma Biological Survey. 2nd Series. Volume 7: 24-33, 2006

Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1804

Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 57

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 110

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 352

Morley, B. & Everard, B., 1970, Wild Flowers of the World. Ebury press. Plate 151

Piedra-Malagón, E. M., et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 26

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

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 28 (As Nelumbo lutea)

Sainty, G.R. & Jacobs, S.W.L., 1981, Waterplants of New South Wales. Water Resources Commission. NSW p 321

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 34

Slocum, P.D. & Robinson, P., 1999, Water Gardening. Water Lilies and Lotuses. Timber Press. p 165, 271

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 128

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p160

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/50d62010-70fc-423c-8bb6-136d66c3dcfa