PLANT FACT SHEET

Pontederia hastata L.

GENUS *Pontederia* **FAMILY** Pontederiaceae

COMMON NAMES Arrow-leaf monochoria

EDIBLE PARTS AND USES

Edible parts: Leaves, Stems, Vegetable, Shoots, Flowers

The plants (except roots) are cooked and eaten as a vegetable. They are often cooked with dry fish.
The young flowers are cooked as a vegetable.

DESCRIPTION

Herbs which grow in mud. It keeps growing from year to year. The stems are 50-125 cm long. The rhizome is long, strong and clothed with the old leaf sheaths. The stem leaf is 4-6 cm long by 7-12 cm wide. The leaf is shaped like an arrow. The leaf stalk is fleshy and 10-20 cm long. The leaves have long erect stalks and some leaf stalks have blue, pink or white flowers. The flowers are 1.3 cm long. They emerge near the base of the leaf. The fruit is a capsule 1 cm long and nearly round but flattened at the top. The seeds are brown and oblong with wings. It is normally a more robust plant than Monochoria vaginalis.

HABITAT

A tropical plant. It grows in tropical and subtropical places. They mostly occur in swampy fresh water pools and ditches near the coast eg Daru, Sepik in Papua New Guinea. It grows from sea level to 300 m but occasionally to 700 m altitude. In Nepal it grows up to about 200 m altitude. In China it grows in pools, rice fields and ditches between 100-700 m altitude in S China. It grows in wetlands. In Yunnan.

PRODUCTION

Cultivation

It grows wild from seeds. It can also be grown by dividing the clump.

PICTURES



Credit: Food Plants International (Bruce French)

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