PLANT FACT SHEET

Sagittaria latifolia Willd.

GENUS *Sagittaria* **FAMILY** Alismataceae

COMMON NAMES Broadleaf arrowhead, Water potatoes

EDIBLE PARTS AND USES

Edible parts: Tubers, Root

The root tubers are boiled and eaten. They can also be fried or roasted.
They are also dried and made into flour.

DESCRIPTION

A herb which grows in water and keeps growing from year to year. It grows 1-2 m tall. The leaves are sword shaped and the leaf stalks and leaf blade stick upright. The leaf stalk and blade are 60-100 cm long. The leaves under water are narrow. The flowers are of one sex. There are 3 petals and they are white. They are on a branched flowering stalk. This can be 2 m long.

HABITAT

It grows in warm temperate to tropical places. They grow in the shallow water of ponds. The water can be 25 cm deep. It occurs naturally in mild temperate and tropical wetlands in the Americas. It suits hardiness zones 9-11. It needs fertile soil and accumulated rotting matter in ponds. It needs full sun.

PRODUCTION

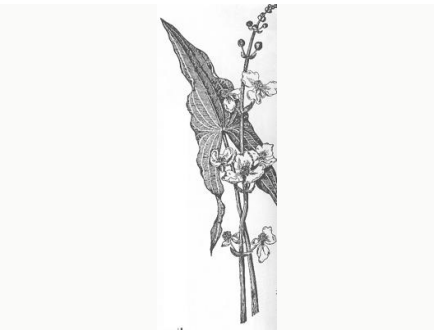
Cultivation

Plants can be grown from tubers.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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