PLANT FACT SHEET

Sagittaria sagittifolia L.

GENUS *Sagittaria* **FAMILY** Alismataceae

COMMON NAMES Arrowhead, Chinese Arrowhead, Japanese Arrowhead

EDIBLE PARTS AND USES

Edible parts: Leaves, Corms, Root, Tubers, Vegetable

The tubers or corms are cooked and eaten. The starch is used in dishes and for bread.
The tender shoots near the root and stem is boiled well then eaten with oil and salt.

DESCRIPTION

This perennial herb has arrow shaped leaves. It grows 50-80 cm high. Leaves are arrowhead-shaped and 5-20 cm wide. They are raised above the water level. The flowers are in rings around the stem and are white with a yellow centre. The flower stalk is long. The plant produces edible tubers. These underground corms are spherical, yellowish or brownish, with membranous scales on two or three rings. There are usually 4-6 tubers on each plant. They are 5 cm across.

HABITAT

It grows in tropical and subtropical places. It occurs in swamps and muddy places, growing in ponds and rice-fields. It grows in wetlands. It suits hardiness zones 7-12. In Yunnan.

PRODUCTION

Cultivation

Plants are normally grown from pieces of the corm which have side buds. It can be grown from seeds.

Harvesting and Seed Production

Corms mature in 6-7 months. Each corm weighs about 14-28 g. The starchy corms are peeled, sliced and cooked in stews or fried.

PICTURES



Credit: Food Plants International (Bruce French)

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