PLANT FACT SHEET

Hippuris tetraphylla L.f.

GENUS *Hippuris* **FAMILY** Plantaginaceae

COMMON NAMES Fourleaf marestail

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves are eaten as greens. It is gathered when frozen in winter as it is then less bitter.

DESCRIPTION

A herb that grows in water. It keeps growing from year to year. It has creeping rhizomes. The stems are 10-50 cm long. The leaves are in 4 rings. They are oval and 4-12 mm long by 5-7 mm wide. They are fleshy. The leaves under the water are shorter than the leaves above water. The flowers are purplish.

HABITAT

It is a temperate plant. It grows in bogs and salt marshes.

NOTES

Also put in the family Hippuridaceae.

REFERENCES

Jernigan, K. (Ed.), 2012, A Guide to the Ethnobotany of the Yukon-Kuskokwim Region. Draft.

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 267

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6a9cae21-5d3f-4ef1-bb6d-31226b3f3d83