PLANT FACT SHEET

Cycnogeton rheophilum (Aston) Mering & Kadereit

GENUS *Cycnogeton* **FAMILY** Juncaginaceae

COMMON NAMES Flowing water Water ribbon

EDIBLE PARTS AND USES

Edible parts: Tubers, Seeds, Leaf stem

The tubers are roasted and eaten. They can be pounded to a paste.
The young green seeds are eaten.
The leaf stems are baked with fish.

DESCRIPTION

A herb that grow in water. It has a tuberous rhizome. The leaves are under water and float on the water surface. They are narrow and 1.7 m long by 2-6 mm wide. The edges are often wavy. The tubers are yellow with white flesh. They are 2-12 cm long and 9 mm wide.

HABITAT

It is a temperate plant. It grows in flowing and rocky stream beds.

REFERENCES

Caton, J.M. & Hardwick, R. J., 2016, Field Guide to Useful Native Plants from Temperate Australia. Harbour Publishing House. p 180 (As Triglochin rheophilum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6d711af1-7550-46d4-a4f0-cec0f3f3a59e