PLANT FACT SHEET

Limnophila indica (Linn.) Druce

GENUS *Limnophila* **FAMILY** Plantaginaceae

COMMON NAMES Indian marshweed

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a pot-herb. They are also fried.

DESCRIPTION

A herb which keeps growing from year to year. It grows in water. The stems can be branched. They are slender and 15-30 (-90) cm long. They can be erect or lie over. The top rises out of the water. These aerial stems have glands while the under water stems are smooth. The leaves above the water are arranged in whorls or rings and are only partly divided. They are 4-12 cm long. The leaves smell of turpentine when crushed. The under water leaves can be 30 cm long and in whorls or rings of 6-12. They are often finely divided. The flowers are produced singly in the axils of leaves. The have stalks 3.5-10 mm long. The flower is pink or purple. The tube is slender and like a cylinder. The fruit is an oval capsule 4 mm long. It splits into 4 vales. There are many seeds inside. They are 0.5 mm long.

HABITAT

It is a tropical plant. It grows in marshy areas and the edges of fresh water ponds. It can grow in shallow water. It grows in wetlands. In Papua New Guinea it grows from sea level to 2,000 m altitude.

NOTES

There are about 35 Limnophila species.
Also put in the family Scrophulariaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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