PLANT FACT SHEET

Nymphaea nouchali var. caerulea (Savigny) Verdc.

GENUS *Nymphaea* **FAMILY** Nymphaeaceae

COMMON NAMES Blue waterlily, Cape blue waterlily

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Flowers, Seeds, Fruit

The rootstock is eaten. They are peeled and roasted. They can be dried and stored.
The flattened head of the flower stalk is eaten.
The seeds are eaten.

DESCRIPTION

A waterlily. It is a herb that grows in water. The rhizome is embedded in the mud. The leaves and flowers float on the water. The leaves are green. The leaves are egg shaped and the sides overlap at the split section. The leaves are 30-40 cm across. The leaves with stalk spread 2.5-3 m wide. The flowers occur during the day. The petals are white with light blue tips. The flowers are 8-15 cm across.

HABITAT

It is a tropical plant. It grows in water. It grows in lagoons and stagnant water. It can grow in arid places. It suits hardiness zones 10-12.

PRODUCTION

Cultivation

It seeds easily.

NOTES

There are about 50 Nymphaea species.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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